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THE NEWSPAPER FOR SITTINGBOURNE, ISLE OF SHEPPEY, FAVERSHAM & DISTRICT



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ISSN 1753-1233



## SNIFFING OUT THE FUN

Times may be tough, but this Friday is Red Nose Day and the chance to raise vital funds for those far worse off than ourselves.

The Comic Relief fundraising extravaganza will see various events across the borough, with dozens of schools joining in the fun. If you're taking part or staging an event let us know. Email us with your pictures and stories at: [yourswale@kosmedia.co.uk](mailto:yourswale@kosmedia.co.uk). Or write to The Editor, Yourswale, KOS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

■ BY NICK AMES

A CONTROVERSIAL football academy will kick-off next month as the row into the non-league team it is partnering with rumbles on.

The Abbey School last week finally confirmed speculation it had entered into a formal agreement with Dover Athletic for an academy in its grounds.

But in doing so it has turned its back on six months of negotiations with local Kent League side Faversham Town - a move which has frustrated club chiefs.

And while it is undoubtedly great news for youngsters in the town wanting the best chance of pursuing their football dreams, the school has continued to refuse to explain its reasons for scrapping talks with the town team.

The academy will be officially unveiled on April 2 - at Dover's Crabble home ground.

However, the dark cloud of frustration from Faversham Town will hang over proceedings. The local club say they will be writing a letter to the board of governors at the school protesting at the way the deal has been struck.

A Faversham Town spokesman told Yourswale: "Since the news of the agreement broke we have been asking for a meeting to

CONTINUED ON PAGE 2



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**2** Kent's 'neglected' Nobel Prize winner explains his work.  
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**3** Banking on pupils learning how to handle their money.  
See the community channel and search 'crunch'

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# Home-grown plays could be boost to town

■ BY NICK AMES

THE Faversham Society has called for an annual theatre festival in which to showcase three home-grown plays to put the town "on the national drama map".

It believes by staging the trio of plays – some written more than 400 years ago, but with clear local links – it could help boost the town's reputation and underline how Faversham can boast three plays all penned in a Shakespearean-style.

At the centre of the festival would be the anonymous Elizabethan play Arden of Faversham.

Set in and around the 15th century Arden House in Abbey Street, it has hosted the play several times; most recently nine years ago.

But the society said in its newsletter that "as far as we know" two other Faversham-related plays written in Shakespearean-style have never been performed locally.

## Pirate

Writing in the society's latest newsletter, local historian Arthur Percival says: "Both are lively works which haven't dated and would be great fun to perform and see."

The town could probably put itself on the national drama map by staging the three plays successively in an annual theatre festival.

"Not many places can claim three locally-associated Shakespeare-style plays after all."

The other two plays are Robert Daborn's A Christian Turn'd Turk which was written in 1612 and tells the story of one-time Faversham resident John Word who went to sea and became a feared pirate before converting to Islam and building himself a palace in what is now



Picture THE FAVERSHAM SOCIETY

**SCENE SETTER:** The Elizabethan play Arden of Faversham is set in and around Arden House

modern day Tunisia. At the time he was regarded as something of a Robin Hood-style figure as he avoided attacking English ships and concentrated his attention on those from Spain, Italy and France.

The second play is William Rowley's A Shoemaker and a Gentleman which is set partially in the town and concerns Saints Crispin and Crispinian who took refuge locally to escape the persecutions of the Roman emperor Diocletian.

This production has its themes of love and martyrdom and is set during the early years of the Roman occupation of Britain.

If you're interested in the plays, free copies of the text of the latter two mentioned above are available from the Fleur de Lis Centre.

• Email [yourswale@kosmedia.co.uk](mailto:yourswale@kosmedia.co.uk)

'I am sad things have turned out this way'

CONTINUED FROM FRONT PAGE clarify matters, but have received no word from the school. We are in the process of writing a letter to the board of governors as we are still more than upset about the way this whole thing has been handled.

We spent six months of our time getting this project off the ground, but received notification, on the grapevine, the school was talking to Dover.

"There was no official comment from the school until almost a week after we heard the rumours.

"I am sad things have turned out this way and, while I can appreciate Dover are a bigger club, it is the way the affair has been conducted we are all upset about. However, this will not stop us working with local youngsters, we have strong ties in the community and want to help bring on the skills of local footballers."

The academy is set to open in September and will provide coaching from UEFA qualified staff as well as offering a range of academic and vocational qualifications for post-16-year-olds.

## Excellent

Despite repeated attempts to speak to Abbey School headteacher Catrin Woodend, the school has issued nothing but a short prepared statement.

It says: "We're delighted to have Dover as a partner and are looking forward to helping students fulfil some of their ambitions with regard to their football, but also in achieving qualifications that will help provide them with a good start in life and a chance to progress to higher education."

"There is an excellent standard of football for students to aspire to, and at the Abbey School there is a thriving and expanding sixth form provision with excellent academic results."

Dover Athletic is managed by former Gillingham player and boss Andy Hessenthaler, who said he was "delighted to set up a scheme like this" and added he "always had a mentality of bringing youngsters through".

Club chairman Jim Parmenter explained the philosophy behind the academy.

He said: "We want to provide a vehicle for students and young footballers to transport their dream to become a professional or semi-professional player."

"It's also our wish to see young people get a good education. Football is a cut-throat business and not everyone will break into the professional ranks."

• What do you think? Let us know your views on the academy. Email: [yourswale@kosmedia.co.uk](mailto:yourswale@kosmedia.co.uk) or write: The Editor, Yourswale, KOS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent, TN25 6SR.

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# Make your voice heard on hospital proposals

## Centre to host open day event

■ BY NICK AMES

HAVE your say on the current services provided at Faversham Cottage Hospital at an open day in the town on Friday.

Townspeople are invited to attend the event in Preston Street and discuss services such as the minor injuries unit which has been treating patients for years.

There has, however, been some suggestions the unit might close its doors after plans by the primary care trust were revealed recently. They followed an investigation into services at the unit which stated they were not up to standard.

However, a widespread campaign against the move has followed with local residents saying they are determined the minor injuries treatment facility should remain in the town.

The meeting is the latest stage in the decision-making process and is being set up as a major way of gauging the local feeling on the subject.

In the days leading up to the meeting a number of market researchers will be around in the town. They will be mainly in Market Square where they will be canvassing opinion so that



Picture NICK AMES

**WELL-BEING:** There has been a widespread campaign against the closure of the minor injuries unit at our hospital

the meeting will be able to have an early insight into the opinions held by residents.

The researchers say they intend to talk to around 500 people.

NHS Eastern and Coastal Kent, which runs the hospital, is organising the open day at the Alexander Centre in Preston Street, between 10.30am and 3.30pm.

Visitors to the event will be able to meet managers from the primary care trust to offer their views either in writing or verbally.

People who cannot attend are welcome to write to the trust or send emails via its website

[www.easternandcoastalkent.nhs.uk](http://www.easternandcoastalkent.nhs.uk). Commissioning director David Meikle has already publicly assured local people a minor injuries service will remain in Faversham.

He said: "I would urge everyone who has an interest in the service and the running of the cottage hospital to make every effort to attend this pivotal event and make their voices heard.

"Discussions of the past few weeks have shown the cottage hospital is dear to the hearts of local residents. The PCT is keen to provide whatever services it can for their benefit but can only learn what is wanted if people tell us."

## Mystery over leylandii fire outside home

A 20-FOOT hedge was destroyed in a blaze outside a house in Ospringe last week – and now police are trying to establish just how it started.

Fire broke out in the leylandii on Brogdale Road. The homeowner only became aware when a passer-by alerted them to the blaze.

Kent Fire and Rescue Service attended the scene and put out the fire. No-one was injured in the incident.

### Boiler suit

A police spokesman said: "There would have been a number of motorists using the road that morning so police are keen to hear from anyone driving past between 8.00-8.35am.

"We also want to speak to the witness who raised the alarm.

"He is described as a man in his late 20s or early 30s with dark hair and was wearing an orange boiler suit.

"He may have vital information so we would like him to get in touch."

Anyone with information can contact police on 01795 419182 or call Kent Crimestoppers, anonymously, on 0800 555 111.

## Cyclist goes up hill and down dale for charity fundraiser

■ BY NICK AMES

PEDAL power is to help drive cyclist Dean Marley across the Pennines in a gruelling 150-mile charity bike ride.

The 44-year-old from Millfield Road, Faversham, will ride from coast-to-coast starting at the Irish Sea and ending when he reaches the North Sea and has already spent months in intensive training.

He will be raising money for the Rosemere Cancer Foundation and will cover 50, mainly off-road, miles each day for three consecutive days in April and May.

### Fantastic

The ride starts from Whitehaven in the Lake District crossing the Pennines to Sunderland in the North East.

Mr Marley will be raising money for the charity that provides additional facilities and equipment for patients being treated at cancer centres in the north west.

He was inspired to raise money for

them after they helped look after one of his late business colleagues in her final weeks. He has been training hard since Christmas

Mr Marley said: "Tradition dictates that you start the ride by dipping your back wheel in the Irish Sea and only ends when your front wheel gets a dip in the North Sea at the finish.

"It will be a fantastic challenge for an equally fantastic cause, especially as almost half the route is off-road utilising disused railway lines and climbs more than 2,000ft across the Pennines."

He is being supported and sponsored by many friends and family and is eager to raise as much money as possible.

- Want to help Mr Marley's fundraising efforts?

Sponsor him online by visiting [www.justgiving.com/plumbs](http://www.justgiving.com/plumbs).

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## Courageous youths get Lord Mayor's recognition

TWELVE young people who have conquered huge odds to achieve their goals have received Lord Mayor's Achievement Awards.

The winners are Javed Husseini, Rhys Taylor, Alexandra Rayson, Kirsty Sargeant, Charlotte Davies, Emma Bowman, Aiesha Sims, Owen Hards, Lucy Hudson, Jade Cocks, George Jemmett and Leah Beville.

The awards were presented by the Lord Mayor of Canterbury, Cllr Carolyn Parry, at the Guildhall in Canterbury on Tuesday.

## University's chaplain set for move to new parish

THE Anglican Chaplain to the University of Kent has been appointed as Priest in Charge of Blean.

The Reverend Dr Stephen Laird will continue in his role as university chaplain, leader of the multi-faith team and lecturer in theology and religious studies, but will move into the benefice of Saint Cosmus and Saint Damian in the Blean later this year.

Dr Laird said: "I am delighted I will be living in this friendly parish."

## Schools combine for top night with all that jazz

RENNED jazz trumpeter Henry Lowther will be blowing up a storm at Canterbury High School this week as two schools in east Kent team up to put on a night of music.

He will be guest soloist at a concert given jointly by Simon Langton Girls' Grammar School and Highworth Girls' Grammar School, based in Ashford.

Together they have developed a 100-piece jazz orchestra for the concert to be held at Canterbury High on March 13 at 7.30pm.

## Smoothie operators hope to cook up winning recipe

THANINGTON youngsters are getting fruity as they conjure up a smooth idea in a bid to land a cash prize in a national competition.

The Thanington Neighbourhood Resources Centre received a hamper after entering the Super Smoothie Challenge, run by Nestle, and are now cooking up a smoothie recipe as they hope to win £250 for their club to spend on healthy eating projects.

To find out more should visit [www.makespace.org.uk](http://www.makespace.org.uk) or call 020 7512 2100.

# Rethink shows stigma behind mental health

■ BY GARETH ARNOLD

THE weight of mental health stigma was brought into sharp relief in Canterbury last week when a six-foot boulder appeared in the city centre.

Cheryl and Chris Ives, joint voluntary co-ordinators of the Canterbury and Coastal Rethink Carers' Support group were among the health professionals, carers and people with mental health issues seeking to draw attention to the discrimination faced by many.

Mr and Mrs Ives, who live in Canterbury, gave an example of the problems faced by people like their daughter, who has had a mental illness since she was 16.

Mr Ives said: "As group co-ordinators at Canterbury and Coastal Rethink Carers' Support we hear heartbreaking stories from both people with mental health problems and carers about their experiences.

"Just a couple of weeks ago a lady told us about a recent conversation with a prospective employer; he told her not to bother applying as he would never employ a person who cares for someone with a mental illness.

"Can you imagine what that feels like?"

Rethink has warned that society's attitudes to mental illness are actually getting worse, despite the fact one in four people will have some kind of mental health problem during their lifetime, and most recover.

SIMON Langton Grammar School for Boys' reputation as a hotbed of scientific talent is already well established – but now one of its youngsters has scooped the title of Britain's best young scientist.

Peter Hatfield (pictured right), 17, picked up the accolade on Friday at the Big Bang Fair in London.

He led a team that wowed the judges with their design for a cosmic ray detector built by adapting technology used in the Large Hadron Collider in Switzerland; a project the school has developed close links with.

Known as Lucid, the invention will help scientists detect solar flares, which can cause cancer in astronauts



MAKING THEIR POINT: Mr and Mrs Ives are promoting the many problems people with mental health issues suffer

The boulder is part of the Time to Change campaign, England's biggest and most ambitious drive to end mental health discrimination.

Over the next few weeks TV ads featuring Stephen Fry, Ruby Wax and Alastair Campbell will be broadcast, with more attention grabbing stunts planned nationwide.

Polly Canning, senior campaign officer at Rethink said: "We have surveyed more than 2,000 people affected by mental illness and nine out of ten said they face discrimination

every day and we have heard from our members that stigma and discrimination are often the worse part of having a mental illness. This is where Time to Change comes in."

Time to Change is being lead by mental health charities Mental Health Media, Mind and Rethink, and paid for by £16 million from the Big Lottery Fund and £2m from Comic Relief.

To find out more visit [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

• Email [yoursware@kosmedia.co.uk](mailto:yoursware@kosmedia.co.uk)

## Judges blown away by Peter's cosmic ray



and knock out power grids back on Earth. The miniature device will now fly aboard a satellite that will be launched into orbit next year.

Peter said: "I thought I might be commended for my work, but I didn't expect to win. I'm delighted though and am really excited about what's

going to be coming up over the next year. I'm looking forward to representing science for young people."

The competition was devised by the Department for Innovation, Universities and Skills to help raise the profile of science and engineering in the UK.

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HIGH TIMES: Whitstable made a big impression overseas in an article printed in last week's New York Times

# Will slump send coast tourism figures soaring?

OUR seaside towns say they are expecting a big surge in tourists this summer as Brits cut out expensive foreign holidays and instead explore attractions closer to home.

And in the week Whitstable found its fame stretching to the US – with a lengthy article singing its praises in the New York Times newspaper – tourist chiefs say they expect the credit crunch to work in their favour.

Canterbury council's tourism manager Caroline Fowler, says Whitstable now attracts a good number of foreign visitors, a trend which hasn't dropped off due to the credit crunch.

## Gastronomic

But despite this growing international reputation, it is an influx of domestic visitors that tourism bosses are expecting to see as the weather warms up in 2009.

In fact, they are even cautiously optimistic that Whitstable and Herne Bay could be in for a good summer despite the downturn.

The tourism chief said: "What we are expecting is a big increase in domestic tourism this summer as people decide to stay at home instead of fly abroad because of the credit crunch."

The nationalities of foreign visitors follow

■ BY GARETH ARNOLD

trends and exchange rates, with European and American tourists currently enjoying the best deals.

The New York Times article gives the prospective American visitor a gastronomic tour of the town, concentrating on several well-known restaurants, pubs and tearooms including Wheelers, Tea and Times, the Tudor Tea Rooms, The Old Neptune and The Sportsman.

It also paints Whitstable as a traditional English seaside destination, implying the basic character of the town had remained largely unchanged by the influx of second home owners moving down from London.

The author claimed that Whitstable was "far from nouveau", instead retaining the charm of "a bygone age".

Mrs Fowler said her team work hard raising the profile of the town and organising visits for journalists and it was good to see that work come to fruition in a well-known American newspaper.

She said: "As a team we work hard to try to push Whitstable as a tourist destination and it is gratifying to see that hard work pay-off with something so high profile. Lots of people have seen it and lots of people have commented on it, so it's a very positive thing."

## 40 years on see the Gulbenkian's history

AS the Marlowe Theatre prepares to shut its doors later this month – the Gulbenkian Theatre on the university campus continues to celebrate its 40th anniversary this year.

And to mark the venue's birthday, we sent Julie Maddocks down to take look behind the curtain and chart its history through the years.

You can view the clip by visiting our free, broadband TV website [www.yourkenttv.co.uk](http://www.yourkenttv.co.uk). Simply search the word 'Gulbenkian'.

Meanwhile the theatre's new season is underway. For details see [www.kent.ac.uk/gulbenkian](http://www.kent.ac.uk/gulbenkian).

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**NEWS IN BRIEF**

## See changes for yourself

THE major regeneration projects planned for Herne Bay town centre will be on display later this month at the King's Hall.

The projects' exhibition organisers aim to bring townspeople up-to-date with developments and see further plans for the future.

Just a few of the projects on display include; plans for the central development area, proposals for the bandstand on Central Parade, the relocation of the Pier Sports Centre to Herne Bay High School and the future ideas for Herne Bay Festival.

Organisers are keen for as many people to attend as possible and give their views.

A council spokesman said: "Participation is important. In the future, the delivery of these projects will be recognised as a turning point in the regeneration of Herne Bay."

The Herne Bay Projects Exhibition is on March 25 from 3-7pm, at the King's Hall, East Cliff Parade.

## Police arrest green giant

THE Incredible Hulk has been arrested following a fight in Herne Bay.

Police were called to deal with a fight outside the Talk of the Town club at 1.45am on March 1. Three men were arrested – including a man in an Incredible Hulk costume – and three people needed treatment at hospital including two of those arrested.

A 24-year-old from Herne Bay, a 21-year-old from Faversham and a 20-year-old from Canterbury were all arrested and released on bail until April 16 pending further inquiries.

## Cheek of teen shed thieves

AN audacious attempt to steal a shed from B&Q has been foiled by store security and police.

Two teenagers were spotted wheeling a trolley loaded with a small garden shed away from the B&Q store in Sturry Road, Canterbury last week.

Police were called and one man ran off, but police found him and another teenager nearby. The shed was found abandoned in Dickens Avenue.

Two teenagers aged 16 and 19 have been arrested and questioned. They have been released on police bail until March 19.

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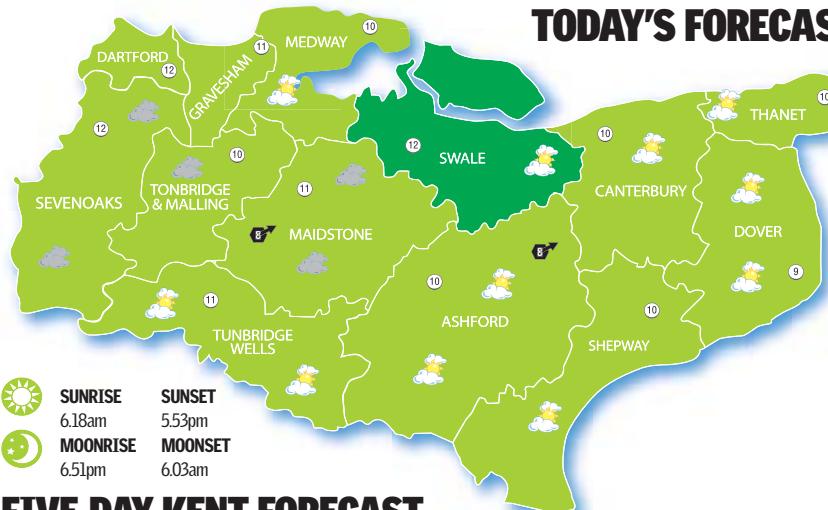
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## FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	11°C	12°C	12°C	12°C	12°C	Gravesend	11°C	12°C	13°C	12°C	12°C
Canterbury	9°C	10°C	12°C	11°C	10°C	Maidstone	11°C	11°C	12°C	12°C	12°C
Chatham	10°C	10°C	12°C	10°C	11°C	Ramsgate	9°C	10°C	12°C	11°C	10°C
Dartford	11°C	12°C	13°C	12°C	12°C	Rochester	10°C	10°C	12°C	10°C	11°C
Dover	9°C	9°C	10°C	10°C	10°C	Sevenoaks	9°C	10°C	11°C	10°C	10°C
Faversham	10°C	10°C	12°C	10°C	11°C	Sittingbourne	10°C	10°C	12°C	10°C	11°C
Folkestone	9°C	9°C	10°C	10°C	10°C	Tonbridge	11°C	12°C	12°C	12°C	11°C
Gillingham	10°C	10°C	12°C	10°C	11°C	Tun Wells	11°C	12°C	12°C	12°C	11°C

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## WEEKEND HIGH TIDES

<b>Chatham</b>	Saturday	2:52pm	6.1m
	Sunday	3:25pm	5.9m
<b>Dover</b>	Saturday	1:03pm	6.5m
	Sunday	1:36pm	6.4m
<b>Dungeness</b>	Saturday	1:03pm	7.6m
	Sunday	1:39pm	7.3m
<b>Ramsgate</b>	Saturday	1:33pm	5.0m
	Sunday	2:06pm	4.8m
<b>Sheerness</b>	Saturday	2:42pm	5.8m
	Sunday	3:15pm	5.6m
<b>Whitstable</b>	Saturday	2:56pm	5.2m
	Sunday	3:24pm	5.1m



## AROUND THE WORLD YESTERDAY

<b>Amsterdam</b>	7°C	<b>Madrid</b>	15°C
<b>Athens</b>	16°C	<b>New York</b>	14°C
<b>Barcelona</b>	15°C	<b>Paris</b>	10°C
<b>Beijing</b>	8°C	<b>Rome</b>	14°C
<b>Bombay</b>	32°C	<b>Sydney</b>	22°C
<b>Cape Town</b>	31°C	<b>Tenerife</b>	20°C
<b>Cardiff</b>	9°C	<b>Tokyo</b>	11°C
<b>Gibraltar</b>	16°C	<b>Vancouver</b>	5°C
<b>Hong Kong</b>	17°C	<b>Warsaw</b>	4°C
<b>Las Palmas</b>	20°C	<b>Wellington</b>	17°C



ROUND THE BEND: Crayford dog track has changed days

## Friday night now the new night for a trip to the dogs

TOP dogs will soon be bounding out of the traps at Crayford on Friday nights – in a major change to the track's weekly meets.

The established racetrack is switching its Monday night meet to Friday and is determined to attract more people from Kent.

The last Monday meet will be held on April 6 and the first Friday one on April 17.

To mark the move, racetrack chiefs have lowered the meal deal ticket for both Friday and Saturday nights. A three-course meal, including entry and a race card, will cost £27.50 per head, down from the old Saturday night price of £33.

Crayford Greyhound Track's marketing manager Diana Illingworth said: "The move from Monday to Friday is a big change for us, but it puts all of our weekly races at the end of the week. We'll have the three matinees – Tuesday, Thursday and Saturday – as well as Friday and Saturday nights."

"We're really looking forward to it and hope we'll tempt more corporate visitors to enjoy a night out at our racetrack."

"We'll be listening to our customers' needs and develop the new Friday night accordingly."

The first Friday race will get underway at 7.30pm. Gates open at 6.15pm. Entry costs £6 per person and includes a race card.

For more information visit [www.crayford.com](http://www.crayford.com).

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## QUESTION & ANSWER

### MARK SCUTCHINGS



**Q & A**

Reporter **Marijke Cox** talks to managing director of Canterbury-based audiology company Hearbase about his business, why it's vital to care for your hearing and the satisfaction he gets restoring someone's hearing

**Q** Can you tell me how you got involved with Hearbase Ltd?

**A** I've always worked in the field of audiology, first for the NHS and then for a multinational. I started Hearbase Ltd about ten years ago. The company started with two people, but now employs 12 people full-time and some part-time staff. I didn't set out to start a business. It developed naturally and has grown over the past few years. We are already the largest independent hearing aid company in Kent and I would be happy to see a little more growth, but there isn't a massive expansion plan.

**Q** What is your role there and what does it involve?

**A** My responsibilities as managing director are wide and varied. I see patients for two days each week. The rest of my time is taken up with meetings and planning. My main job is to keep everybody else in the company busy. I am always thinking about new projects, how the company can be more efficient and how to offer a better service to our customers. A fair amount of time is committed to training and finding out about new developments. Audiology is a fast moving industry and we always try to offer our customers the very best of the new technology. In a small company, everyone needs to be multi-skilled. You are just as likely to find me changing a light bulb or unblocking the loo as chairing a meeting. Running a company certainly has its less glamorous aspects.

**Q** What is the main aim of the organisation?

**A** Hearbase's main objective is to allow people to make the best of their hearing. So, if someone comes to us with a hearing loss, we can fit them with the latest digital hearing aid technology.

If they have good hearing, but are exposed to a lot of noise, we can provide them with specialist hearing protection. We also advise companies on how to manage noise in the workplace and protect their staff's hearing. Our work is now involving us in the risks of social noise from music in clubs and bars. We work with the entertainment industry and help them protect their staff's hearing by advising on safe levels of noise exposure.

**Q** What is the best thing about your job?

**A** I get immense satisfaction from doing something that I know is making a positive impact on people's lives. So many people have a job where it can be difficult to really see the end result. In my job it is very easy to see if we have been successful, because we make people hear. The value of hearing cannot be underestimated and is often taken for granted. For those who are hard of hearing, shopping, travelling and even enjoying a social life can be difficult. It can be an extremely isolating experience. To help someone improve their hearing is very rewarding.

**Q** What is the most challenging thing about your job?

**A** The biggest obstacle is getting people to take their hearing seriously. I am passionate in raising awareness about hearing loss. The generations to come are particularly at risk because they are exposed to so much more social noise. I look at children listening to music for hours at a time at high volume on MP3 players and think that they will end up being hearing aid customers much sooner than their parents. People often think that technology can fix everything. While hearing aids are much more advanced and sophisticated than before, they are unable to deliver perfect, natural hearing. It can be hard helping people come to terms with losing their hearing. This is why it is so important to make people aware of how they can prevent putting their hearing at risk.

**Q** What do you get up to outside of work?

**A** I like to travel quite a lot and I have combined this with my work. Ten years ago I set up a charity project to fit hearing aids to deaf children in Romania. It has been very rewarding seeing how hearing aids have transformed the lives of these children and given them a chance of a future. I am currently looking into the idea of setting up a similar project in Bolivia, so that should keep me busy for a while.

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Go Green - Read It Free On Screen TV commercial. Search 'green'



Students talk about Marlowe Academy Fashion Show. Search 'Marlowe'



Police launch crackdown on drivers not wearing seatbelts. Search 'police'

## EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

[yourkenttv.co.uk](http://yourkenttv.co.uk)

# Historic tour had me flying high out of economic gloom

■ BY SIMON ROBINSON

IN these darkened days of almost apocalyptic credit crunch misery, there's precious little to put a smile on our frown-filled faces.

The housing market is in freefall, the banks have posted record billion pound losses and thousands of workers are being made redundant nationwide each day. Gillingham FC will probably miss out on promotion too.

In these desperate times it's important to seek out moments of positivity – things which will hopefully help turn that frown upside down.

My pick-me-up came by way of an hour-long helicopter tour of Kent.

The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking.

During the county-wide tour we cruised over sites such as Canterbury Cathedral and Leeds Castle, taking in the picturesque sights from the comfort of our £1 million chopper – previously owned by '80s electro legends Depeche Mode no less.

There is something strangely relaxing in looking down at the world from on high – with the unfamiliar view of familiar towns, motorways, castles, harbours and so forth rendering myself and my fellow passengers speechless.

The Kent tour took us in a giant circle, starting at Rochester Airport before heading east to Whitstable, then on to Canterbury, Dover, Cranbrook, Tonbridge, Sevenoaks and Maidstone before returning to base.

At each location we slowly circled popular tourist attractions.

Dover was a particular high-point of the flight,



**HIGH POINTS:** The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking including Leeds Castle (above) and the cathedral in Canterbury (above right)

Pictures TONY STIGLE



with the clear blue skies giving a spectacular view of the Channel as ferries made their way to the Continent.

Dover Castle and the White Cliffs also shimmered in the sunshine.

The sights between each town were just as impressive. Acres of green fields stretched out into the distance, dissected by snaking motorways and major roads.

Luxury mansions and manor houses – seemingly inaccessible by road – also peppered the rolling countryside.

Intermittent cloud cover plunged swathes of the county into darkness, while dozens of rays of sunlight fought their way through the darkness, shining dots of light on the ground below.

Such overpowering sights block out the constant whirr of the helicopter blades.

The tour was by AV8 Helicopters, based at Rochester Airport, and cost £150 per person.

Describing its Hellfire Tour, an AV8

spokesman said: "We invite you to experience the sights that gave Hellfire Corner its name. Take off from Rochester Airport and fly along the famous White Cliffs of Dover.

"You can see the gun emplacements, shell holes and fly over historic Dover Castle. We progress along the coast to Folkestone where the Battle of Britain Memorial stands out at Capel-Le-Ferne and you get an idea what RAF and Luftwaffe Pilots must have felt in their Spitfires and ME109's as they battled for supremacy during the Battle of Britain.

"We take in Hawkinge, a World War II fighter airfield, before turning in-land passing over many other historical sites on the way to view the home of Winston Churchill at Chartwell, then return along the North Kent coast passing the majestic Canterbury Cathedral and return to Rochester."

For more information visit [www.av8helicopters.co.uk](http://www.av8helicopters.co.uk) or call 01634 672288.

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# BEAT THE CRUNCH

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Your 28 page pull out starts on page 23

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# Massive response to our campaign

A HUGE response has greeted the first week of our Buy Local Produce campaign – with suppliers, shoppers and even star names flocking to get behind it.

It seems everyone is embracing the concept of buying locally produced food and drink – and in doing so supporting the grassroots economy.

The Buy Local Produce campaign aims to support rural communities by calling on our readers to demand locally sourced and produced goods; to shop from farmers' markets and farm shops; to insist restaurants put the best in local produce on their menu.

To see this clip search for 'food' @ [yourkenttv.co.uk](http://yourkenttv.co.uk)



■ BY CHRIS BRITCHER

To spearhead the campaign we have launched the website [www.foodforkent.co.uk](http://www.foodforkent.co.uk), where you can now buy all your family's food and drink needs in one place. What's more, the prices can even save you money in these tough, recession-hit times.

We've teamed up with a host of Kent's best-known suppliers of vegetables, fruit, fish, meat, breads, wine and beer to already offer an unbeatable one-stop shop of the best of the Garden of England. All of the products encapsulate what buying local means. By not being transported hundreds of miles from our farms to distribution centres around the UK



and then back down to our supermarkets, the food from [www.foodforkent.co.uk](http://www.foodforkent.co.uk) is packed with freshness. What's more, aside from flavours that pack a punch and tastes which tantalise the tongue, the lack of processing and travelling means all the nutrients and goodness remain, so it's better for you too. If there are fewer food miles, then the environment also benefits.

And if Kent's economy enjoys a boom, then we're helping safeguard the businesses, jobs and traditions on which our county's heritage is built.

For now our team behind the site – who have years of experience in sourcing, delivering and maintaining relations with established, reputable local suppliers – are ensuring those who have been in touch fulfil our tough criteria of quality, health and safety; price, value, reliability of supply and, of course, ensuring the produce comes from Kent.

So why not try the site for yourself today? Filling up your online basket could not be easier. Just browse the variety of products available and with a click of the mouse you can start adding them to your order. It couldn't be simpler. Log-on today at [www.foodforkent.co.uk](http://www.foodforkent.co.uk).

The Buy Local Produce campaign is supported by Produced in Kent, the non-profit organisation backed by KCC and Hadlow College.



## Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yogurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4x oranges, 1x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1x Savoy cabbage, 1x red cabbage, 1kg broccoli, 500g purple sprouting, 1x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source: mysupermarket.com. Closest match applied. Excludes Express and Metros. Excludes delivery charge. Red number indicates price difference.

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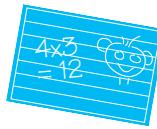
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# yourswaleschools



## BREAK TIME

### Outstanding report success once again

HIGHSTED Grammar School has received an outstanding Ofsted inspection report for the second time.

The Sittingbourne school was graded "outstanding" in every one of the 39 categories covered by the inspection.

Head girl Danielle Groom was delighted with Ofsted's findings.

She said: "I feel this is due to the enthusiasm of the staff and pupils who always create a friendly and welcoming atmosphere."

"Highsted has enabled me to develop both academically and personally. I will always be a Highsted girl."

Laura Tunbridge, the student ambassador leading the school council, stated: "It's amazing what can be achieved when students take control of their own learning and are fully involved in the decision making process."

"We are all really proud to be part of the Highsted success story."

Headteacher Jenny Payne said: "This recognition reflects the continuous commitment and dedication of the whole school community."

"Everyone associated with Highsted has the same very clear aim – to provide the young women of Swale with the very best educational opportunities they could have so they are fully prepared for the demands of adult life."

"I would like to take this opportunity to thank students, staff, parents and governors for the overwhelming support they give to the school and to congratulate them on this fantastic achievement."

**SEND your schools news and pictures to [yourswale@kosmedia.co.uk](mailto:yourswale@kosmedia.co.uk). You can also upload your video clips of schools events on to [www.yourkenttv.co.uk](http://www.yourkenttv.co.uk)**



**THE ART OF STUDY:** Students have been taken on a variety of trips to art galleries, which they have found both thought-provoking and inspirational for their own works

## Young artists exhibit an interest in top galleries

SENIOR students at Sittingbourne Community College have been immersed in multi-ethnic culture this academic year with several visits to the UK's top art galleries and exhibitions.

One of the highlights for many students was the Saatchi Gallery where they were able to view contemporary Chinese art.

Students Natasha Dean and Jodie Shepherd were impressed by this exhibition.

Miss Dean said: "The art was diverse and seemed to clash with each other, yet remained intriguing."

"The sci-fi influenced graphic paintings and

■ BY NICK AMES

vibrant, bright colours were very exciting."

Viewing the bone sculptures, student Adam Webb, said: "It was fantastic to view such high level thinking and work which has been inspired by evolutionary thought and scientific questioning."

"This experience will influence my own work as well, as I can use these ideas and concepts as inspiration."

Another popular outing was to the Tate Modern, which showcased work by Mark Rothko.

Some students found the works depressing yet innovative and found the layers of colours used and contrasting dark and light more

apparent having seen the work up close.

Student Kris Mitchell said: "The Turbine Hall had an interesting use of scale, where sculptures overpowered the viewer."

"The piece based on London in 2020 used the idea the world was flooded and these items needed to be rescued."

Leader of the arts at the college Cat Taylor added: "Getting students up close and personal with professional artwork allows them to indulge and feed their passion for the subject."

"They can use their emotions and reactions to this work to learn and inspire their own creations."

"It is a very important part of the process and helps to keep students up to date with current exhibitions and the issues surrounding the artists' and their works."

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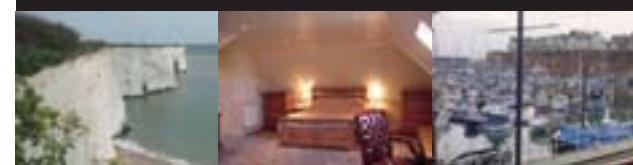
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# yourswaleblogger

Each week we get a mystery writer to air their views on living in Swale...



## It's crunch time for our guilt donating on Red Nose Day

FEELING guilty is something I am very good at. In fact, it's something of a speciality subject of mine.

If I feel like any of my actions has prompted hassle for someone it gives me a pang of pain. It's really quite annoying. But also very British.

And on Friday we will all be feeling guilty for a variety of different reasons. Because Friday is Comic Relief Day.

Now, on the face of it, this should be a case of celebration. Of light-hearted fundraising which helps put a smile on our face and a glow in our heart. The reality will, for me at least, be an evening of getting emotionally scarred and made to feel as guilty as guilty can be.

I doubt I will be alone. After all, it's by mining the deep seam of our collective British guilt that ends up with the charities raising so many tens of millions of pounds.

Friday, for example, will go something like this. You will wake up and find every BBC radio

and TV show from local to national with an obligatory 'zany' section injected into it. It will be vaguely amusing on BBC One, over the top on Radio 1 and just plain unfunny by the time you've tuned in to Radio Kent.

As you stroll to work you will pass people in 'hilarious' fancy dress collecting cash in buckets. You will give money because you hope it will address your guilt for the day.

It won't. By about mid-afternoon you will think you should be doing something to help out the national effort – and so collect or just donate to an inevitable collection in the office.

By the time you get back home and put your feet up to watch the telly, Comic Relief will already be a few quid better off thanks to your generosity.

Then you'll tune into BBC One. You'll be tricked at first by watching Dr Who touch down in Albert Square or some such silliness. And you'll hover for just a few moments too long. Before you know it they'll be cutting to Billy Connolly in a poor African village. You'll think

'ah Billy Connolly, he's always funny isn't he?'. It will be a mistake. The story he will highlight will be of unbelievable deprivation and sadness. It may have an uplifting ending, but it will rip your guts out with a guilt trip which will reduce you to a blubbering mess.

You'll feel so guilty you'll start thinking how you must get the debit card out and fire up your laptop for a bit of online donating.

By the time you've seen a couple more of these films you'll be happy to donate a lung if it means these people get whatever it is to ease their suffering.

But the difference this year is a very different sort of guilt. And that is of simply not having the spare money to give a decent slice to charity. And that is a guilt which will be hard to bear.

**EDITOR'S NOTE:** All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

### GET IN TOUCH...

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### LET US KNOW...

If there is a story in your area you think we should be covering contact the news editor, Chris Britcher, on 01303 817171 or email him

on the details above. If you want to be the next Swale blogger then all you have to do is submit an article to us (of around 550 words) and email it to the news editor. And don't forget, for all the latest news and video from your town log-on to [www.yourswale.co.uk](http://www.yourswale.co.uk).

Write to The Editor, Yourswale, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

\* We cannot guarantee all articles will be published and all are at the editor's discretion

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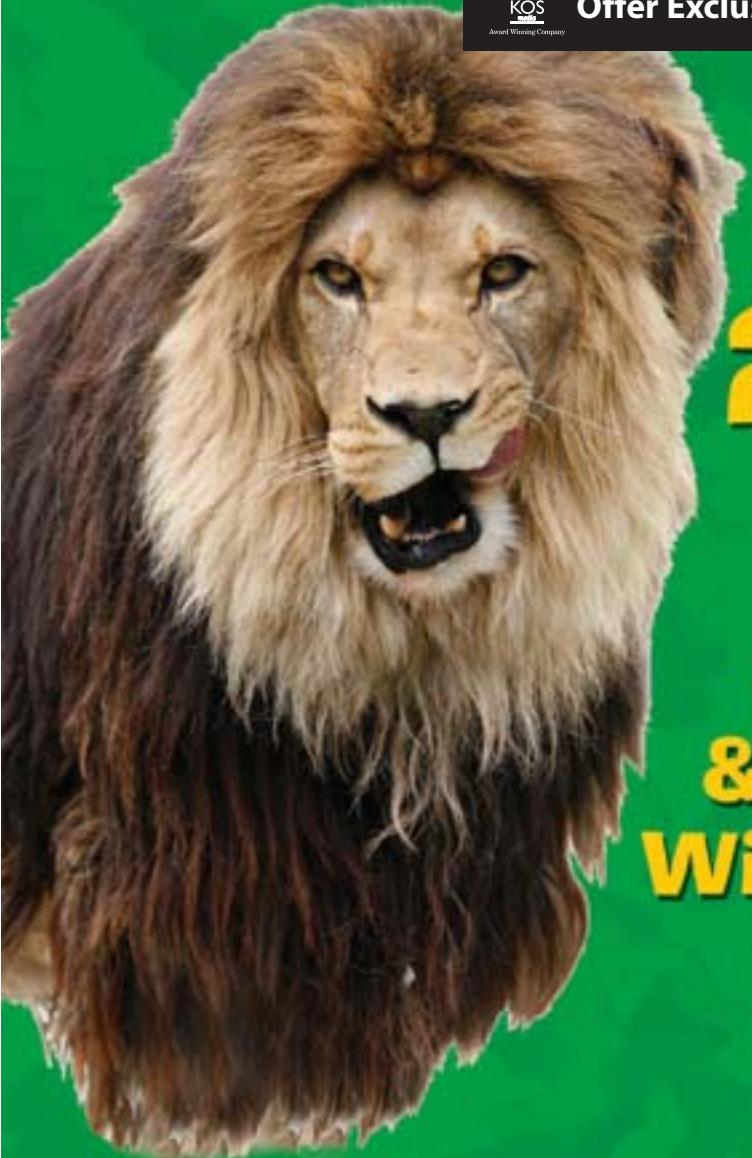
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fully sticky, with just the right amount of fire from plump red chillies. Our idea of perfection!

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which lets excess fat drip away and allows you to cook your bacon faster, plus a jar each of Organic Sweet Tomato & Chilli Chutney and Ploughman's Plum Chutney from English Provender. We have eight 'Grill and Melt' George Foreman grills plus chutney to give-away.

To enter, simply answer the question below and send your entry on a postcard along with your e-mail address (if applicable), name, address and daytime telephone number to English Provender Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR. Closing date is March 16, 2009.

**Question: When is Bacon Connoisseurs' Week?**

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# yourletters

## TALK TIME

### RACHEL MEEN

Rachel Meen, a psychology student in Canterbury, has Obsessive Compulsive Disorder. She tells Yoursware about how she found it hard confiding in anyone

#### How long have you had Obsessive Compulsive Disorder?

I've had it for a lot of my life, I can clearly remember it being there when I was seven. Princess Diana had died and I was obsessed with the fear that my mum might die. I thought that if I kept things evenly lined-up everything would be OK. I developed rituals that involved touching different things in specific patterns and I started to have fears about contamination. It stayed with me going up and down in intensity until I was 14, then it just got out of hand. I never told anyone though, not my parents, not friends, not anyone.

#### What stopped you telling people?

I didn't want to worry my parents. I didn't think there was any point in telling doctors, I thought they would say that I was mad and I wouldn't be taken seriously. I didn't tell my friends because I didn't want to be treated differently. Their friendship kept me going and losing it was too big a risk to take. I remember when a secure mental health unit opened and everyone kept calling it the "nut house" and talking about the "loony people" in there. I just didn't want to be associated with that.

#### When did you finally did ask for help?

When I was 16 I finally told the school counsellor and started to get help. About a year later I went to the children and families' clinic. I told a couple of my friends and it was fine. I've continued getting help and support at uni and been open with my friends who have been really amazing.



## YOUR LETTERS



### This is the Garden of England, after all

It shouldn't come as any surprise to learn Faversham is being lauded as a centre for food and drink, surely?

Our main industry is brewing and our town is surrounded by fields in which crops grow all year round.

If we, of all people, do not put food and drink high up that list, then we really are struggling.

Dan Giles, Faversham

### Food for thought - and a good stroll

How heartening to see Faversham's reputation within the food industry cemented with the awards reported by Yoursware last week.

Alongside your earlier story about money coming into the local economy as a result of people visiting to walk in our area, it seems the perfect homegrown solution to the recession.

G Hunt, by email



**LETTERS:** Please send your letters in to us at Yoursware, Apple Barn, Smeeth, Ashford, Kent TN25 6SR



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## COMMENT ONLINE TOO

NOT only can you use email and letters to respond to our stories, don't forget you can comment via our website too.

Beneath most stories on the www.yoursware.co.uk website there is the facility to leave your comments on whatever YOU thought of the online article. To leave your remarks, simply click on the 'Add your comments' link and tell us what you think. And remember, www.yoursware.co.uk is updated daily, bringing you the latest, breaking news from across Faversham, Sittingbourne, Sheerness and all the villages in Swale.

We will include the best on these pages too – ensuring your comments reach the widest possible audience. In addition, if you find your newsagent, supermarket or petrol station runs out of Yoursware before you've picked up your copy, you never need to miss out.

On www.yoursware.co.uk you can access, for free, the full newspaper in our highly-acclaimed e-editions.

### Railing against the lack of fast trains

The train service is one of the most annoying things about liv-

ing in Faversham. Why can't we be served by more express trains to London? It is infuriating to have to stop at every small station on the route when you take a train to the city and back. And I don't hold out

too much hope about the new services which are promised for later this year.

I am sure they will be so expensive as to make the gain of half an hour or so not worth the added cost.

Mile Baines, Faversham



### Your campaign is a brilliant idea

What a good idea your new campaign is. I have long tried to buy fruit and vegetables which I know have been grown locally.

But as I get older having to trawl around different shops to find it all becomes ever more daunting and sometimes simply not practical.

Therefore the prospect of being able to sit down with my daughter and buy everything from the comfort of my front room is one I welcome with open arms and am indeed very grateful for.

Mrs J Kaye, by email

### We should cherish gem of a cinema

I would like to take the opportunity to say how highly I regard Faversham's cinema.

## Mediterranean Jewels Rail-Cruise

**HIGHLIGHTS:** Escorted from London • Return Eurostar & TGV to Marseilles • 10-night cruise aboard the Orient Queen visiting: Genoa & Naples in Italy; Messina in Sicily; Piraeus, Mykonos, Santorini, Patmos & Katakolon in Greece; Kusadasi in Turkey

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During the cruise, relax and watch the world go by, enjoy great food and entertainment, and venture ashore at the numerous ports of call. You can also choose from a comprehensive selection of optional shore excursions taking-in: **Portofino, Pompeii, Athens, Ancient Ephesus, Mount Etna** and more.

At the end of the cruise we disembark after breakfast in Marseilles and take the TGV to Lille or Paris where we join the Eurostar to St Pancras, London, arriving early-to-mid evening.

**INCLUDED:** Escorted from London • Return Eurostar & TGV to Marseilles • 1 night in Lille or Paris • 10-night cruise aboard the Orient Queen - based on 2 people sharing a standard inside cabin (outside cabin from £1,159pp; sole occupancy cabin from £1,199pp) • All meals on board (breakfast, lunch, afternoon tea & dinner each day) • Entertainment on board



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It is a model of efficiency and has an excellent choice of films.

The cinema is also far better than the featureless, multiscreen facilities which so many other towns have.

There are no screaming children, no overpriced rubbish food and no long queues. Ofaversham should be proud of its cinema.

Paul Barrett, Faversham

## Beeb's reputation is falling off the scale

The dumbing down of the BBC has become a bit of a cliché, but I really could not believe the depths of ineptitude plumbed by the weather forecast last week.

Apparently Kent was going to be hit by temperatures of minus 99 degrees centigrade – it said so on a map the forecaster was using.

Granted it was a cold night, but it was nothing like that.

Surely a weather expert knows that a temperature like that has never been recorded anywhere – let alone in a temperate zone such as we live in.

Who can have any faith in the BBC and what they say?

Kevin O'Connor, by email

## Stop boring everyone and start spending

Isn't the credit crunch just the most boring news topic around?

If people stopped going on about it and spent money as normal it would surely go away.

This whole so-called crisis is mostly a media creation and the sooner people stop writing about it and endlessly discussing it on TV and radio then it will go away.

Roger Anderson, by email

## Help tackle cancer by going bananas

I am writing to encourage people in Swale to take part in World Cancer Research Fund's (WCRF) Go Bananas on Fruity Friday campaign.

This year's Fruity Friday, on May 15, is set to be the biggest ever, but we can only do it with the help of Yoursrale readers.

We are calling on schools and companies to have a dress-down day, wear yellow for Fruity Friday and make a donation to WCRF.

The aim is to get across the message about the importance of a healthy diet – with plenty of fruit and vegetables – in a fun way, at the same time as raising funds for our cancer prevention research and education programmes.

As well as organising events such as fruit breakfasts or putting on fruity competitions, one way to celebrate Fruity Friday is to host your own Beat the Banana! 5k fun run.

If your readers would like to find out more about how to host a Beat the Banana! run or how to organise

their own Go bananas on Fruity Friday event, they can visit [www.fruityfriday.org](http://www.fruityfriday.org) or call 020 7343 4205 for more information.

Teresa Nightingale, WCRF

## Heartfelt thanks for your contributions

I am writing to thank all Yoursrale readers who helped to make the British Heart Foundation (BHF) Red for Heart campaign such a success in February.

It was great to see so many people going red for National Heart Month. From wearing red to work or school, to buying the Red for Heart pin badge, to writing a love note in their local BHF shop or by raising funds in their own way by going red.

We are also extremely thankful to those people who gave their time for free and organised events and other fundraising activities.

The money your community raised throughout the Red for Heart campaign will help save lives through pioneering research, patient care, campaigning for change and by providing vital information.

It is only with your support that we can beat heart disease together.

If people would still like to donate to the campaign, they can simply visit [bhf.org.uk/red](http://bhf.org.uk/red) or call 0845 241 0976 or Joanne Howe on 01474 537997 or [howej@bhf.org.uk](mailto:howej@bhf.org.uk).

Thank you.

Joanne Howe, fundraising and volunteer manager, BHF

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To purchase tickets, or for more information, please contact Sarah Taylor on:  
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or enter on-line at: [www.demelza.org.uk](http://www.demelza.org.uk)

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# yourswaremusic

# Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-dayer, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are; Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on

■ BY SIMON ROBINSON

the list are The Chinese Fireworks Company, The Lucky Face and the boy.the girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts."

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs."

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit [www.redlistlive.com](http://www.redlistlive.com).



SIGNED UP: (Left) Klaus Says Buy The Record and Polka Party (above) are two unsigned acts who will play at Red List Live

UPLOAD YOUR MUSIC VIDEOS TO BROADCAST ON OUR WEBSITE @ [yourkenttv.co.uk](http://yourkenttv.co.uk)



FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club



## TOP FIVE UNSIGNED CHART

- 1 The Suspects - Ho Said (from Margate)
- 2 Directions - Equality Street (from Maidstone)
- 3 Shelta - Let's Talk (From Bexley)
- 4 The Semantics - Soho- Nympho (Gillingham)
- 5 Euston - In My Headlights (from Deal)

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**STUNNING:** Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King

# An Oriental spectacular

The Chinese State Circus is touring outside China for the first time and you won't want to miss the awe-inspiring performances

HIGH spectacle comes to Kent next week in the form of the breathtaking Chinese State Circus.

Boasting some of the world's best acrobats and martial artists, lavish sets, beautiful costumes and the Peking Opera, this production is touring for the first time outside China.

With an array of awe-inspiring stunts and performances to marvel at, the show should provide enthralling entertainment for all the family.

Audiences will be dumbstruck as acrobats back-flip through rotating hoops, divas spin plates, contortionists balance on candelabras and performers demonstrate the ancient art of Chinese pole dancing.

Marvel at the grace of the Shaolin Warriors and listen to one of Chinese folklore's most famous characters, the Monkey King, as he narrates an enchanting performance of the Lion Dance.

To celebrate last year's Olympic Games in Beijing, the Chinese State Circus has put together a show called The Olympic Nations Tour in which world-class acrobats, martial arts

masters and gymnasts present an adrenaline-fuelled spectacular of physical theatre.

Performers include members of the Tai An Acrobatic Troupe, who hail from a city in the foothills of Mount Tai, one of China's five sacred mountains.

For two thousand years the mountain has attracted poets, scholars, politicians and warriors, all in search of tranquillity, enlightenment and personal fulfilment.

The troupe has become very active both in China and abroad, amazing audiences in the US, Canada, France, Spain, Belgium, Italy, Japan, Korea and Singapore. For the first time in the UK, audiences

will see electrifying stunts such as 'Motorcycles in the Globe', 'Swinging Poles' and 'Hula-Hula', while other performances are taken to new and even more breathtaking heights.

Four Chinese athletes will demonstrate their supreme talent on a range of gymnastic apparatus, the first time that gymnastic gold medal winners have appeared in the Chinese State Circus.

The Shaolin Warriors have built up a strong fan base and return to the circus with two young masters who are sure to impress spectators with their extraordinary dexterity. With such an exotic selection of talent and skills on display, the show should keep audiences on the edge of their seats.

Performance times vary and tickets are priced from £15 to £29. To book call the box office on 0870 060 6620 or visit the website at [www.ambasadortickets.com/the-churchill](http://www.ambasadortickets.com/the-churchill).

### CHINESE STATE CIRCUS

Thursday, March 19 to Sunday, March 22, The Churchill, Bromley



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**ROY CLINGING**  
Wednesday, March 18  
Chimney Boy, Faversham

RESPECTED concertina and guitar player Roy Clinging will be providing the entertainment at Faversham Folk Club.

Having been involved in folk music for 30 years, Clinging has become an esteemed solo and group artist as well as helping to set up a number of folk clubs and events.

His songs have been performed by other well-regarded artists and he is renowned for producing some of the best traditional music to be found on the folk scene.



## **SWALE RURAL ARTS FESTIVAL**

Friday to Sunday,  
March 13-22  
Various venues, Swale

VILLAGE halls and rural community centres across Swale will be playing host to innovative performers as part of the first ever Swale Rural Arts Festival.

Organised by Kent's Chalkfoot Theatre Company, the ten-day festival launches at Faversham's Alexander

Centre on Friday evening with a performance by exciting new company Little Bulb Theatre, pictured.

Other upcoming events include a concert by local harmonica player Brendan Power and his friend Alan Prosser, of the Oysterband, at Selling village hall on Thursday, March 19. On the same evening calypso fans can enjoy the great music and irreverent humour of BBC Radio's Alexander D Great and his band at Norton village hall.

Children can take part in

drama workshops in Bapchild and Doddington on Friday, March 20, while Multi Story Theatre will bring to life an action-packed Russian Fable, The Firebird, for young children and their families at Upchurch village hall on Saturday, March 21.

Throughout the festival and beyond, Chalkfoot is touring its own production, The Riddle of the Sands, to rural venues across the county.

For full listings visit [www.chalkfoot.org.uk](http://www.chalkfoot.org.uk) or call 01843 280077 for a brochure.

## **JOSIE LONG**

Tuesday, March 17  
Gulbenkian Theatre, Canterbury

MAKE sense of the world with the help of award-winning comedian Josie Long.

In her latest show, All of the Planet's Wonders, Josie sets out to reconnect with science and nature. She overcomes her school hatred of science to explore the wonders of the Earth, both great and small, and to discover the joys of life.

Inspired by the ramshackle Pitt Rivers Museum, Long also looks at bizarre private collections and the dedicated people who have assembled and preserved them.

Since winning the if.Comedy Best Newcomer Award in 2006, Long has gone on to win the Chortle award for best breakthrough act in 2007 and has enjoyed sell-out shows globally. Last year, esteemed comic Stewart Lee selected her to perform in a series of events called The 10 Best Stand-ups In The World... Ever.

The show, for ages 16 and above, starts at 7.45pm and tickets cost £10. To book call the box office on 01227 769075 or visit [www.gulbenkiantheatre.co.uk](http://www.gulbenkiantheatre.co.uk).



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During his long career, Clinging has toured the UK and the United States to perform his own concerts and at festivals.

He has a particular interest in researching the traditional music of his home county, Cheshire, while his wide collection of maritime material has led to his regular involvement in sea song and shanty sessions and maritime events.

The music starts at 8.30pm. Tickets cost £5 for Faversham Folk Club members and £6 for non-members, while under-18s can enter for free.

For more information call 01795 423674 or visit [www.favershamfolkclub.net](http://www.favershamfolkclub.net).

## **SWALE LEISURE**

### **Recent Works to go on display in Bay gallery**

A SELECTION of paintings by Deborah Whitaker will go on display at a gallery in Herne Bay next week.

The exhibition, Recent Works, will open to the public on Monday and will run until next Friday. It can be at the Bay Art Gallery in William Street, which is open from 10am to 4pm daily.

For more information call the gallery on 01227 372266.

### **Great acoustic folk will be at your fingertips**

ORANGE Street Music Venue in Canterbury will celebrate the best in acoustic and folk singer-songwriters with its new monthly showcase.

Moonlit Fingertips features exciting artists from across the county in an intimate setting. The first event will be held on Thursday at 8pm. The line-up includes Rae, the James McArthur Band and Liam Magill. Admission costs £2.

### **Take an afternoon turn around the dance floor**

ENJOY an afternoon of fun and entertainment at the first of a regular series of tea dances in Sturry.

Martin 'the Crooner' Farbrother is holding the first dance at Sturry Social Centre on Thursday, running from 2-4pm. Admission costs £4 including refreshments and basic tuition.

The next dance is on April 16. For details call Martin on 01227 283445.

### **Sweeney Todd brought to life at university**

STUDENTS at Canterbury Christ Church University present the blood-thirsty tale of Sweeney Todd.

The story of the murderous barber will be performed, directed and produced by the university's music students.

See the show at St Gregory's Centre for Music at 2pm and 7.30pm on Saturday and at 7.30pm on Sunday. Tickets cost £10/£7.

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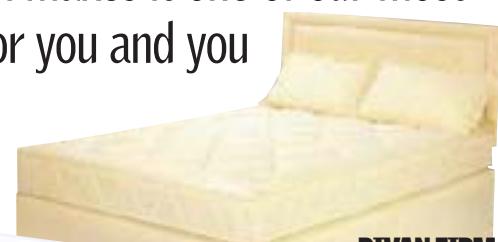
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# BEAT THE CRUNCH

## Money Matters Guide

Inside your pull out supplement

- 100s of money-saving ideas
- Money-off vouchers
- Discounts galore from local trades
- Look stylish and save money
- Eating out doesn't need to be expensive
- The return of the caravan holiday
- Make the most of mortgage savings

- Why going green saves business cash
- Spectacular money-off vouchers
- Drive the right car for style and savings
- Credit ideas to make money go further

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to download vouchers from our  
great savings booklets



**what's inside****Page 4-5**

Vintage clothing is back and it saves you cash. We look at how the Credit Crunch is affecting fashion, and why many people are looking to the past for today's style

**Page 6-7**

Saving a few pounds here and there is easy really, your grandmother knew that. But we don't want it to make our lives austere. So, here is our Beat The Crunch fun guide to saving.

**Page 8-9**

About one in seven of you have switched supplier of your gas and electric in the past 12 months. But that figure should be much higher as we force suppliers to

compete. It really is easy

**Page 10**

If you are a saver affected by falling interest rates, our crippled banks will still sting you. Here's how to avoid it and why you should complain

**Page 11**

We all like eating out and as restaurants compete for our business there are bargains to be had. Here's where to look...

**Pages 12-13**

How are you beating the crunch? We spoke to you to find out your top money-saving tips

**Page 14**

Businesses that think of the environment are actually saving themselves a pile of cash too

**Page 16-17**

Great food doesn't mean spending a lot and we look at

lesser-known cuts of meat that can be turned into something special

**Page 18**

The return of the caravan holiday. This year is a bumper year with sites recording increased bookings and a shortage of quality used caravans. But 2009 is set to be a boom year and remember, children love them

**Page 19**

It's not even spring time but financial experts are urging people to plan for Christmas. Yes really, we explain why

**Page 20**

Going to the gym can cost you £500 a year, so it's no surprise people are choosing new ways to exercise

**Page 21**

It may seem crazy to pay

MORE for your mortgage. But with interest rate at an all-time low, you could make a real investment in your financial future

**Page 22**

Our look at the financial markets where to make a killing at this tough time, we discover, all you really need is money

**Page 23**

And if you don't trust the markets or banks, where should you put your hard-earned savings? Well have you thought about art or antique motorcycles? Then of course there's the old favourite: gold

**Pages 24-26**

Motoring guru Steve Loader takes a look at the bargains to be had at the motor dealers and offers some money-saving driving tips too

**Essential guide to where you can save**

■ Signature Miramar, the retirement and residential home in Beltinge, Herne Bay, is offering 14 nights' stay for the price of 13

■ Colour Choice Conservatories in Margate is offering free colour on conservatory orders

■ Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins

■ County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors

■ Home Plus in Ashford and Chatham is offering £200 off when you spend over £1,000

■ FG Barnes in Maidstone is offering free six-month road fund licence with all used cars

■ Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery

■ KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30

■ Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products

■ Morris & Turner in Medway is offering 10 per cent off any multi-fuel stove

■ KOS is offering a big button digital cordless phone for just £24.99 – save £20

■ Medway Stoves in Medway is offering a free companion set with any multi-fuel stove purchased

■ Positive Impact golf in Manston is offering £10 off any lessons

■ County Garage in Herne Bay is offering a free winter health check and free 29-point including wash and vacuum

■ Aylesford Self Storage in Aylesford is offering three months' free storage for a year for all new document storage clients

■ Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only

■ KOS is offering all-seasons duck duvet, two duvets that button together from only £39.99, save over 50 per cent, various sizes

■ KOS is offering leather organiser handbag by Jane Shilton only £49.99 inc p&p saving £40 off RRP

■ Move It Removals in Ashford is offering £1000 cash draw when you get a quote. Plus 10% off removals booked

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TERMS AND CONDITIONS APPLY TO ALL OFFERS

# Beat the Crunch, part two. Why it can be fun as well

LAST month's Beat the Crunch Guide hit a real note with our readers as we teamed up with businesses from across the county to offer you money-saving vouchers.

The vouchers can get you a special deal on everything from storage to clothing, discounts on cars and massive discounts on home improvements.

So we've done it again for March and here's this month's guide to making your money go further.

To get your free vouchers log on to [vouchersforkent.co.uk](http://vouchersforkent.co.uk), it really is easy and has to be worth a look. Even if you are determined to save, you might just find that something you were going to buy anyway can be bought for less.

And take a little time to look through this supplement, 2009 is not all doom and gloom as thousands of people are discovering.

It really can be exciting too, and for a lot of people there are many positive changes

happening in their lives. OK, we know that jobs are under threat, but there are some families for whom redundancy may bring a change of direction for which they will look back and be grateful in future years.

Of course, for other people the crunch has made them sit up and consider where their cash really goes. Many have surprised themselves with the realisation of the wasted cash they used to let slip through their fingers on frivolous items.

Saving money can be fun. Why rush to the unpopular in-



laws for that weekend lunch? Slow down, arrive 10 minutes later and save yourself a couple of litres of fuel.

Other people have discovered for the first time the joy of local produce through farm shops and cheaper cuts of meat, which can be delicious and really take only a little more time.

If you stop spending £3 or £4 every day on a lunchtime sandwich (which is £80 a month you'll save) to make your own, ensure your home-made lunch is something you'll look forward to. Pick sandwich fillings you love, or dump sandwiches, try baguettes or a microwavable pre-prepared meal. A bit of imagination goes a long way.

Simply, we believe saving money should not be about having a less enjoyable life, you can still have holidays, still drive nice cars and still look after your home to make it our place of sanctuary.

We hope this supplement helps you take a positive view of looking after your money. Remember life goes on despite the crunch and no-one wants just to live – we should have a life.

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# Not just a pie in the sky idea

Despite the Crunch, one couple explain why they feel now is the right time to expand their food business. Sarah Jeeves and Kevin Davies spoke to reporter Tom Betts

ONE couple are defying the crunch by bringing a taste of London down to Thanet.

Pie'n'mash is coming to Margate's old town next month in the form of the London Pie and Mash Shop.

The shop is the joint endeavour of former south London couple Sarah Jeeves and Kevin Davies.

The shop opens on Wednesday, March 11, and will also be selling another East End favourite, jellied eels.

The pair already own the Ramsgate Cafe in Margate Road, Ramsgate, and they are sticking to the premise that quality will always out, whatever the market conditions.

Hence their decision to expand into a more niche market.

Sarah, 23, said: "We introduced pie'n'mash at the cafe and it has proved so popular that we decided to open a shop that specialises in that.

"We will also be selling healthy breakfasts and other snacks and jellied eels."

The shop's minced-beef pies are all freshly made and served with the mash and mysterious liquor that binds the dish together.

Although Sarah will not give up the secret recipe that makes up the green parsley-based liquid, she said: "It's such a key part of it and we think we make a fine liquor here.

"It is tremendously popular with customers."

Good food at affordable prices – now there's a recipe that's always going to be hard to beat.

## Why this could be the time to start on your own

NOW is the right time to start your own business to secure your own future and beat the recession, according to Jake Shepherd, *writes Peter Richards*.

Mr Shepherd is managing partner in MSDC, a design consultancy, based in Gravesend.

He says the middle of a downturn was exactly when he launched his own business.

"People often find strength in the adversity of redundancy, a change in direction helps form a new beginning," said Mr Shepherd. "My agency began as a result of recession 14 years ago."

Here are his key tips to anyone considering starting up on their own:

- **Remember** that your potential customers may be disgruntled by the lack of personal service from their current large supplier who is feeling the financial pinch. As a small business you can be more competitive and provide that personal hands-on service your client needs in the current economic climate which the big companies can neglect.

- **There** are many fantastic small businesses out there, they can help provide the specialist resources you need. And you don't need to employ them, you can hire them by project or even partner with them. It will help you to specialise.

- **Think** what sets you apart – what is your unique selling point? It is unlikely that you are offering a totally unique product or service, so it could be your values, a price point, or your quality of service. It can be anything as long as it is clear and simple. I believe that this is fundamental to the success of your business idea.

- **Keep** up with your contacts and network relentlessly to meet more. This means your previous employer, your old and potential new clients. Write, email and telephone.



LOVELY LIQUOR: Sarah Jeeves outside the Pie 'n' Mash shop and, inset, dish of the day

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**T H O R L E Y T A V E R N S**  
HOTELS, RESTAURANTS & VENUES

# Vintage clothes and accessories

By LAURA KATE BRADLEY

BUYING and wearing vintage clothing is currently one of the hottest ways to recycle... and save cash.

An estimated two million tonnes of post-consumer textile waste per year are thrown away and end up in landfill sites.

Morethanwaste.com states that "...over the

full life cycle of clothing, there is a range of environmental, social and economic impacts. The growth in fast fashion and consumption is an important contributor to these impacts."

When opting for vintage you are playing an active part in reducing extreme consumption and post-consumer textile waste by recycling.

There are so many wonderful vintage clothes shops to browse, particularly in London.

However, many people don't have time to visit or simply don't have access to them.

Despite there being various online vintage stores, many are massively overpriced or describe and display items poorly.

Love Miss Daisy was launched in September 2008 with a view to providing affordable, high quality vintage clothing and accessories displayed



## Lorraine says detox your wardrobe for charity



**STITCH IN TIME:** Lorraine Kelly is backing Cancer Research campaign for clothes donations

THE recession means more people are shopping in charity shops but fewer people are giving as they hang on to their old clothes to save cash.

Fashionistas in the south-east are planning to curb their spending to become 'recessionistas' in 2009, according to a survey by Cancer Research UK.

Nearly half (46 per cent) the people in Kent will be spending less on clothes and accessories than they did last year in an effort to beat the credit crunch.

Around a quarter (24 per cent) of people in the south-east said they would be looking for charity shop bargains, following the trend for sourcing unique, second-hand or unwanted items to keep up with the 'recessionista'

movement of fashion on a budget.

But Cancer Research bosses have admitted donations are dropping as people are more reluctant to pass on their old clothes.

Times are changing but the charity – backed by TV presenter Lorraine Kelly – has launched a 'Detox Your Wardrobe' campaign by spring cleaning their wardrobe and donating ill-fitting or unwanted items to their local Cancer Research UK shop.

The YouGov survey of more than 2,000 people revealed 77 per cent of those in the south-east admit to having clothes in their wardrobes they never wear.

However, only one in eight unwanted items are donated to

charity, according to a report from the Institute for Manufacturing at Cambridge University.

Lorraine Kelly said: "We all know times are tough, but this is an easy way to help raise money for charity. Each bag you donate could be worth up to £30, and this will go towards helping to fund Cancer Research UK's important work. We all know someone who's had cancer so I hope everyone has a good sort through their unwanted items and takes them down to their local Cancer Research UK shop."

Bargain-hunters can also check out brand new items in Cancer Research UK shops or, if they prefer, browse online at [www.shopbeatcancer.org](http://www.shopbeatcancer.org).

**OLD STYLE:** Vibrant red 1960s cocktail dress with sheer panels and sleeves; glitzy 1980s sequined butterfly belt; (above right) 1980s gold and black strappy sandals

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12/03/2009	Thursday	Frances Knight	Smooth Jazz Trio	Free
14/03/2009	Saturday	Tiffany Wells	Cabaret Style female impersonator	£5.00
17/03/2009	Trad Tuesday	ColRose Four	Traditional Jazz from the 20's and 30's	Free
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21/03/2009	Saturday	The Bearing Edge Trio		£5.00
24/03/2009	Trad Tuesday	Deco5 Allstars	Traditional Jazz from the 20's and 30's	Free
26/03/2009	Thursday	Andy MacLean	Swing Sounds from the 40s and 50s	Free
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# that don't cost the earth

clearly and simply, with detailed yet concise and accurate descriptions and measurements. A welcome relief for those who adore vintage but either hate or have no time for rummaging through rails, shelves and boxes full of clothing.

A real treasure chest of hand-picked vintage beauties, Love Miss Daisy sources



**CLASSIC:** Stunning vintage purple and gold leaf Radley evening dress circa 1980s; super chic 1980s black and tan leather jacket; and above cute 1970s mini satchel bag; far right the Love Miss Daisy Web page

from Europe, the USA and the UK. Stocking fabulous evening gowns, sassy vintage day dresses, separates, vintage coats and jackets, accessories and all things in between, the collection includes vintage wedding dresses; an ever-growing collection of beautiful, delicate one off gowns at credit-crunch beating prices.

With celebrities such as Agyness Deyn, Sienna Miller and Chloe Sevigny wowing us with their integration of vintage pieces into their headline snatching ensembles, vintage is becoming a must-have. Many wear vintage to illustrate their

own individual identities and personalities, but for those who like to incorporate vintage into their avid following of fashion, take a snoop around the seasonal section. In what has become the signature of Love Miss Daisy, each season current stock is matched to current key trends, enabling fashionistas to remain of-the-moment in an eco-chic way.

The beauty of vintage clothing is that it's built to last. Many items have already travelled thousands of miles and had several loving owners in their past. It is fascinating to wonder whose life each piece was a part of before it became a part of yours.

Many of today's fashions and designer collections are influenced by past decades and bygone eras. So, when classic and original items are still obtainable, who wouldn't want to grab themselves a piece of fashion history?

Love Miss Daisy also has birthdays, Christmas and every other occasion covered, with gift vouchers available from the value of £10. Visit: [www.lovemissdaisy.com](http://www.lovemissdaisy.com).



To see this clip, search 'crunch'  
@ yourkenttv.co.uk



Julie Muddocks looks at how changing your driving habits could have a big effect on your pocket at the petrol pump

## Essential guide to where you can save

- Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds
- Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT
- Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking
- H & H Flooring in Deal is offering an extra 10 per cent off all carpets
- KOS is offering a set of Bypass and anvil secateurs for just £16.99 save £10

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**NASON'S**

## Essential guide to where you can save

- GG Racing in Ashford is offering £10 off a 1/400th share
- Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains
- Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring
- County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed
- Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)

■ Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100

■ Winter Gardens Theatre in Margate is offering discount theatre tickets

■ St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free

■ Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night

■ Spand Motors in Hythe is offering a free mini valet with any full service

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TERMS AND CONDITIONS APPLY TO ALL OFFERS

# Don't be bitter, there's



EVERYDAY foods can be used in a variety of ways so let's take lemons.

They can be used as a cleaner – applying lemon juice directly to deposits of hard water residue in sinks can dissolve them and make a bowl looking sparkling and new.

The juice can also be used to clean and shine brass and copper as well as making a good cleaning paste if mixed with vinegar and baking soda.

Adding the soda to half a lemon turns it into a tool to remove stains and scrub dishes clean.

Lemon juice can even be used as a polish for hardwood furniture if mixed with olive oil.

Then of course you can consume it. Cut into little chunks placed in an ice tray and filled with water it makes a perfect accompaniment to a gin and tonic.

And finally when it is about to go off – pop it into the blender along with some ice, a bit of milk and water for an excellent smoothie.

The credit crunch may be all doom and gloom – but there are still ways of raising a smile. **Nick Ames** took time to look at some light-hearted ways to beat the economic blues and have a little fun, too

MOTORING is a major cost for many people so how about some ideas to cut petrol costs.

Driving expert Tim Shallcross of the Institute of Advanced Motorists thinks that drivers can save around 40p a day by reversing into parking spaces.

He says starting a trip by reversing out of the space burns up more fuel as a cold engines requires more petrol than a warm one.

And as the reverse movement requires more manouevring than going straight ahead more petrol is consumed in a short period of time before the engine heats up.

Safety and saving can go hand-in-hand. Sticking to the speed limit means a saving of £12 on a 300 mile journey at 70mph rather than 80mph.

Pumped up tyres keep down wear and



tear and fuel costs and open windows on hot days are a more cost-effective measure than a fuel using air conditioning system.

Lastly – planning a route in advance to ensure no detours and off peak travel to avoid jams not only costs less – it eases frustration too.

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Showrooms at: 142 Newington Road, Ramsgate and Bybrook Barn, Ashford

# lots of ways to save

THE workplace can be a time you can save on costs as well as earn wages.

A thermos of tea or coffee means those expensive trips to a designer coffee shop for that vital decaf latte with cinnamon and nutmeg are a £3.50 thing of the past.

The same with sandwiches and cakes. Making them before the working day starts or the night before and you won't have to fork out for what can be an expensive snack.

Lunch times can be productive – go online and have a look for bargains and you won't be tempted to leave the office.

Flexible starting times mean beating rush hour traffic or being able to purchase off-peak rail or bus tickets.

So asking to get in an hour later and stay an extra hour can be a great benefit.



SHOPPING is also a major outlay so a bit of thought and planning can lead to substantial savings.

Picking stalks off fruit and vegetables before going to the check out can save weight – and so cut down on completely unnecessary cost.

If something is pre-bagged weigh it to make sure it's correctly priced.

Shopping around 40 minutes before a store closes will see many items reduced.

Also the need for urgency means that you won't be tempted to impulse buy as you browse around.

Supermarket own brand cereal tastes pretty much the same as every other.

But if you see the need to disguise your thrift just pour it all into a name brand box. It would take very refined taste buds to tell the difference.

Lastly, if you have children turn the whole shopping expedition into a Bargain Hunt style adventure.

Get the little ones to race around and discover the cheapest alternative of any particular product.

The whole thing then becomes a game – and the family is distracted from the fact that they are going to have to eat the cheapest goods in store and you come out the winner.



## Essential guide to where you can save

■ Theatre Royal in Margate is offering two tickets for £20 ( normally £14 each ) for The Jives Aces on March 20 at 7.30pm,

■ Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides

■ Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance

■ Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250

■ Extenten furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and flue systems

■ Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds

■ H & H Flooring in Deal is offering free underlay upgrade on all carpets

■ Hazlitt Arts Centre in Maidstone is offering two for one comedy nights

■ KOS is offering a pressure washer kit £99.99 incl free accessories save £116 on RRP

■ Canterbury Car Radio in Canterbury is offering 25 per cent off all prices, on all RRP prices

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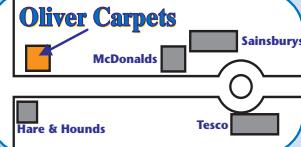
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# Spend some energy on cost-cutting in the home

We all know that switching energy suppliers should go some way to helping you save money. So why are so few people bothering?

By NICOLE GROSS

AS most people receive their quarterly energy bill for the winter period, a survey of more than 6,000 Which? members, by Switch with Which?, reveals that only 15 per cent have switched energy supplier in the last 12 months.

Around three in ten of those who hadn't switched said it was because they didn't think it would save them much money, but people that changed supplier or tariff using Switch with Which? saved £257 on average – enough to pay for a romantic Valentine's break, a Which? Best Buy Sony Bravia LCD TV or 571 pints of milk!

Of those who did take the plunge, 90 per cent found it easy to do and most used a switching website. When asked why they had

changed their supplier, price topped the list.

Customers can also make savings without switching supplier, by changing to an online tariff, paying monthly by direct debit or choosing a dual fuel option, where gas and electricity is provided by the same supplier.

Alison Morrison, Switch with Which?, says: "There's no doubt that 2009 is going to be a tough financial year and we're all looking at ways to cut our spending, particularly as the winter energy bills start arriving."

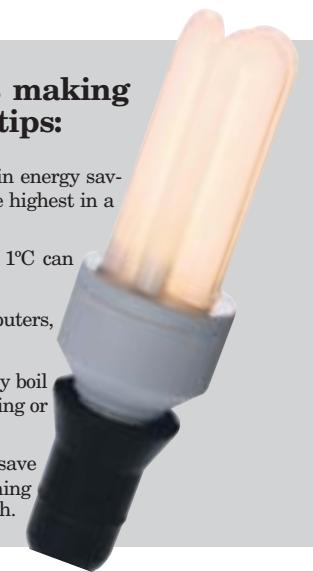
"People may be alarmed at the impact of last year's price increases and shouldn't bank on energy companies cutting their prices by as much as they increased them."

"The potential for an extra £250 in your pocket is a great incentive to change your energy provider or tariff, and help get the year off on a sound financial footing."

Customers can also save on their bills by making their homes more energy efficient, for example, energy-saving light bulbs use up to five times less power than incandescent ones.

**Switch with Which? suggests making light fantastic with these top tips:**

- Turn off lights when you leave a room and invest in energy saving light bulbs – the Ikea Sparsam stick scored the highest in a recent Which? test
- Lowering the temperature of your thermostat by 1°C can reduce heating bills by up to 10 per cent.
- Stop suffering from standby and turn off TVs, computers, radios and plug points when you're not using them
- Whether you're cooking or making a cup of tea, only boil as much water as you need and use the small gas ring or hob if possible
- Energy-efficient appliances are a great way to save money on bills. If you don't have an 'A' rated washing machine, try lowering the temperature of your wash.



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# Take the heat out of your bills

A SLIGHT change in lifestyle choices could pay big dividends for families trying to beat the high cost of living.

Increased heating and electricity bills are two things which are combining to make spare cash an increasingly rare commodity.

At present it is people who have oil central heating which have been the worst hit – due to the massive increase in prices for oil which more than doubled this year.

A current fall in the dollar price per barrel has not been passed on to consumers by the oil companies – unlike petrol and diesel for cars.

It is homes in rural areas, which use oil heating the most.

But I'd suggest caution listening to experts who say the best way to cut down on bills is either to switch to gas or electric heating.

They are set to rise as well, in the coming months, or install storage heaters which are a

By NICK AMES

cheaper alternative by far.

But changes to the home can be made – and these not only help save cash but are environmentally friendly as well.

- Better cavity walls and loft installation can make a major difference in costs.

- Go on your local council website and find out what grants are available.

- If you are on a low income or are a senior citizen, there's a good chance you can get some free money towards your home insulation.

- Efficient temperature controls such as thermostats are another way of preventing excess heating being generated. Older boilers can prove economically draining.

- Experts recommend replacing those devices which are more than 20 years old or any that are experiencing problems.

Savings in cost of bills will outweigh the

initial outlay according to home economic analysts.

- Old fridges and freezers should also be replaced according to the findings for the same reasons – they use far more energy than new equipment.

- Lastly homeowners should ensure that plugged-in appliances are turned off at the sockets when they are not in use and energy-saving lightbulbs are a must, they last much longer.

Free energy advice can be obtained by calling the Energy Saving Trust on 0800 512012.

A home energy check which assesses heating requirements and recommends improvements in efficiency can also be done online.



**GET SWITCHED ON:** Efficient temperature controls (left) are a way of preventing excess heating; experts recommend replacing electrical devices more than 20 years old



## Essential guide to where you can save

■ Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000

■ Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500

■ H & H Flooring in Deal is offering free accessories with all laminate flooring

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ Theatre Royal in Margate is offering The Riddle of the Sands March 28, 7.30pm. Two tickets for £14 (normally £12 each) quote KOS offer

■ The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu

■ Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial

■ Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub

■ Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets

■ Acorns health and fitness in Chatham is offering a third off gym membership

■ KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP

■ Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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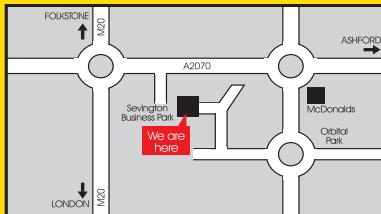
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# Don't bank on getting away with an overdraft

AT a time when banks are feeling the pinch as much as anyone – if not more so – it is vital for savers to balance their books.

Those who go overdrawn need to beware as banks will be quick off the mark when it comes to charging them cash penalties which can reach as much as £40 – half of which can be charged for just writing a warning letter.

Charges have been imposed on millions of people across Britain, and in some cases they have been viewed as unfair by financial watchdogs.

And at times of economic hardship they are the last things cash-strapped consumers want to fork out for.

According to Money Expert, the penalty for exceeding an account limit has shot up some 20 per cent over the last 12 months, with the typical levy now standing at around £30 every time this happens in an account.

In such circumstances, struggling consumers may find that going overdrawn further hits their ability to meet payment responsibilities such as personal loans, credit cards or mortgage contributions.

Customers who slip into minor difficulties can see a mountain of debts pile-up, as banks charge £20 or more to send a letter and charge large amounts for going into overdrafts and missing direct debits.

The website Money Expert states that hikes in unauthorised overdraft fees – equivalent to an additional five pounds every time a limit is

BY ANDREW JACKSON

exceeded – come in spite of an ongoing investigation in whether such charges are in any way justified.

In a landmark case brought by the Office of Fair Trading, banks are coming under scrutiny for charging such high fees, with certain quarters claiming that they are disproportionate to the costs incurred by the bank for processing the transaction.

Commenting on the situation, Sean Gardner, director of Money Expert, said consumers may be particularly exposed to these punitive charges in the coming months.

He said: "For those people already in their overdrafts the advice is clear, keep a close tab on your outgoings."

But customers who have been charged up to £40 for unauthorised overdrafts, bounced cheques, or failed direct debits are now fighting back against the bank charges.

Banks have long been accused of ripping off customers with the high charges they impose for minor account problems.

Statistics show complaints against banks have soared, according to the Banking Code Standards Board, with most about interest rates and unfair charges.

And public anger at the bonuses given to bankers whose actions have led to the global economic meltdown have fueled the feelings of resentment.



**CHARGES:** Banks will be quick off the mark to send you a penalty letter for going overdrawn – it could reach up to £40

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvarna ride on mower servicing

■ Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500

■ The Fireplace in Sittingbourne is offering 10 per cent off

■ Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet

■ Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package

■ Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased

■ KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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Mattress available separately.

All spring numbers are based on the 150cm divan set

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\*Man.rec.price Offer ends Sunday 29th March

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BY NICK AMES

AS the credit crunch well and truly bites diners would probably be excused for feeling that getting a table at a restaurant should be a lot easier.

Well in some cases that's true.

In one case I know of a friend who never managed to eat at London's top tables currently rings some of those who snubbed him in mid afternoon – and asks if they have any tables available for 8pm.

"Certainly Sir," replies the obsequious Maitre de. Laughing my friend replies "Thought so" and puts the phone down.

Top restaurants across the world are all now accepting last-minute bookings which they would have sneered at a year ago.

I got a table at Balthazar in downtown New York after walking in off the street whereas two years ago I called the place up only to be told Madonna had block booked it.

But for the slightly less exclusive places it is not proving easy at all to get bums on seats.

Middle market chains, such as Pizza Express, Pizza Hut, Strada and Japanese noodle bar Wagamama are attracting thousands of customers every week with discount offers and two-for-one specials.

These deals are being downloaded from the internet by bargain-hunting diners across the country each week.

And then there are the coupons given away with newspapers, especially the Sundays who seem to have an offer a week.

Analysts say the reason that the middle market is making such an effort is that they have relatively high fixed costs and so profit margins are tight in times of plenty.

So when fewer people are opting to eat out they can see the profit-loss equation go into the red.

But chains have to be very cautious when they offer deals on meals.



CREDIT MUNCH: Middle-market chains are attracting thousands of customers every week

## Bargain deals, get a pizza the action

Usually one thing which will not be any cheaper is drink. Alcohol has one of the highest mark ups of anything served in restaurants so you'll rarely see a buy one beer and get one free on offer. The odd free bottle of wine per table of four would be more likely.

But restaurants catering for families and middle income people know they have to work hard if they are to survive.

Richer people will always eat out say the

experts – and there is always going to be the demand for a Chinese or Indian takeaway right across the board.

It's the middle market which is suffering as waiting areas packed in pizza restaurants show and queues outside the high street Italian eateries demonstrate.

There are bargains out there and make sure you take a look on the restaurant chains website before you go.

To see this clip, search 'crunch'

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You don't need to go abroad on holiday. We discover what's on your doorstep that will save you money

### Essential guide to where you can save

Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking

GG Racing in Ashford is offering £40 off a 1/100th share in racing shares

Elephant Windows in Ramsgate is offering £100 off with any order placed over £2,000

A & A Gliderobes in Canterbury is offering up to £100 off

Kentish Hardwood in Rainham is offering 10 per cent off carpets

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**WHAT'S ON AT THE WINTER GARDENS**

**MARCH 2009**

Monday 9th - Wednesday 11th  
Jackyll & Hyde

Monday 23rd  
Kasabian in Concert

**APRIL 2009**

Saturday 4th  
Disco Inferno

Sunday 5th  
The Enemy in Concert

Friday 10th & Saturday 11th  
Thanet Beer Festival

Saturday 18th  
Essence of Ireland

Sunday 19th  
Sooty In Space

**MAY 2009**

Wednesday 6th  
Rob Brydon plus support

Monday 11th  
Leon Jackson and Same Difference in Concert

Sunday 17th  
Rhydian Roberts in Concert

Tuesday 26th - Saturday 30th  
"A Night On The Town"  
M.O.S Variety

**JUNE 2009**

Sunday 7th  
Central Band of  
The Royal British Legion

Friday 12th  
Here Comes The Boys

**JULY 2009**

Friday 3rd  
The TakeThat Experience

Saturday 4th  
Dead Ringer From Hell

Wednesday 8th - 11th  
Childrens Showtime

Friday 17th  
The 3 Degrees & Support

Saturday 25th  
"In Dreams" Featuring Music  
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Friday 31st  
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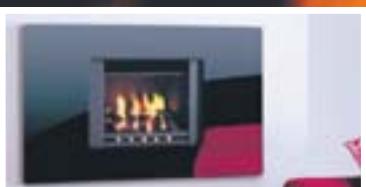
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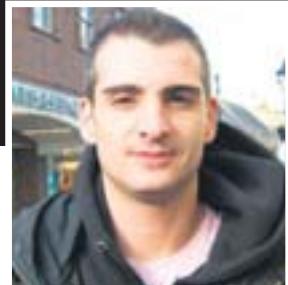
# How is the

We took to the streets of Kent to find out what you think...



ROBIN ADAIR FROM WILLESBOROUGH, ASHFORD, SAID:

"I have lost a couple of window cleaning jobs in the town, like Woolworths. It's hard to know who to blame. It's all about greed. We can all cut back on things but that won't help the economy."



DARREN GOLDER, MOBILE PHONE SHOP MANAGER IN ASHFORD, SAID:

"I have less spending money these days and have cut back on a lot of luxuries. Our customers aren't worried about new phones at the moment; they are worried about their tariff and airtime. They want to know they are getting good value for money."



KIM SHEARER, FROM DOVER, SAID:

"I haven't been spending as much as I usually would, but that's since I had a new conservatory put up in my house last year which I put on my credit card. I don't want to spend too much extra while I'm still paying for that."



CONAN EVERETT, 24, FROM DOVER, SAID:

"I got made redundant back in January but I've been lucky and have got back into work already. I'm self-employed now. I think I'll be cutting back on what I spend from now on though, like not buying video games and other things that I'd usually just go out and get without thinking about."



JO CLARK, 24, FROM BEARSTED, MAIDSTONE, SAID:

"To save money during the credit crunch I have started to make cut backs such as taking home-made lunch to work instead of going out to buy it, and not using my mobile phone as much. I am hoping to buy a house soon so I have even more of an incentive to save."



MARIA CRITTENDEN, 41, FROM BARMING, MAIDSTONE, SAID:

"I haven't been affected by the credit crunch too much, it seems to be the people who are in debt and I'm lucky I'm not. I have cut back slightly on expensive things and gone for cheaper options when it comes to make-up, food and clothes but I think everyone has."

# crunch affecting you?

ANDREW RAMSBOTTOM, 32, UNEMPLOYED OF STAR HILL, ROCHESTER, SAID:



**"**I'm absolutely skint. I lost my job in October and have found it difficult to get work. I have to watch what I spend my money on. Luxury items such as TVs go right out the window. **"**

JULIA DRUMMOND-HAIG, 24, A DESIGNER OF HIGH STREET, ROCHESTER, SAID:

**"**The credit crunch has not affected me at all. I haven't spent less, in fact I've probably spent more because everything's much cheaper now, with the high street shops slashing their prices. I'm quite happy with the credit crunch. **"**

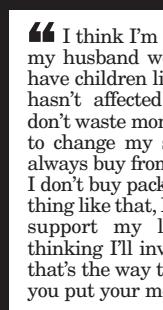


CHARLES HAGGER, 55, FROM FOLKESTONE, JOINT MANAGING DIRECTOR OF A MARKETING COMPANY



**"**We've certainly had the best January that I can remember, in fact we believe we will actually grow during the recession. You get your return on investments from being online, in digital marketing, so we don't expect to do so many brochures and things like that. I haven't personally had to make any cutbacks or change of lifestyle, I think the future's looking bright, but ask me again in six months' time. **"**

ANNALIESE BUSH, 41, FROM SMEETH WHO WORKS IN HR PORT LYMPNE WILD ANIMAL PARK SAID:



**"**I think I'm quite privileged as my husband works and we don't have children living at home, so it hasn't affected me too much. I don't waste money but I'm not one to change my shopping habits. I always buy from the local butcher, I don't buy packaged meat or anything like that, I do what I can and support my local farmer. I'm thinking I'll invest in antiques as that's the way to go, where else do you put your money? **"**



MAX DELLAWEY, 20, FROM MARGATE SAID:



**"**I think the credit crunch has affected everyone's life. If people don't have any money how can they spend it? My income isn't bad at the moment but I go out less now. I used to go out a lot at weekends, but now a lot less, it's actually quite boring. **"**

FRANK CALLAGHAN, 65, FROM BROADSTAIRS SAID:



**"**Prices have gone up and being on a pension it's hard to make ends meet. I go without a few things, yes. Food prices have gone up, I noticed in Sainsbury's and Tesco a cucumber is £1.28 each, and I love a cucumber sandwich. I have cut down on the thermostat and put on an extra pullover or something like that to keep warm now and things like that. **"**



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# Employing greener ways

## Eco companies save money and have happier staff

IF you're thinking about moving or refurbishing your office, taking an environmental approach offers real, practical business benefits – for your people, your reputation and importantly your profits.

### Here are our top 10 reasons to 'go green':

#### 1 Save money

Being a sustainable organisation can add to your bottom line. Energy saving lighting, heating and ventilation in your offices reduces energy bills. Savings go straight to your profits.

For example, a company that turns over £1 million. Saving 20 per cent on their £40,000 annual energy costs is equivalent to increasing their profit by eight per cent.

#### 2 Cut your tax bill

Enhanced Capital Allowances scheme (ECAs) is a government plan that gives tax breaks to companies if they install certain energy efficient equipment and machinery. Put simply, you can write off the whole of the capital cost of your investment against your taxable profits.

So it's a boost to your cash flow, and your investment takes less time to pay for itself.

#### 3 Staff save you money

Protecting our planet has become an important issue and it is likely that your staff will want to make a real difference. Encouraging it in the office can tap into that commitment within your team.

One way is to promote recycling. So if you're

By LARA CONAWAY

planning a move or refurbishment you could, for example, build recycling points into your design, rather than having individual rubbish bins. You'll save paper and reduce your costs.

#### 4 Stay on the right side of legislation

The government is getting serious about going green, and new legislation is constantly coming into force. That can mean hefty fines for companies that don't comply.

Take the European Union's Energy Performance of Buildings Directive (EPBD). It was introduced in 2006 to encourage companies to reduce the environmental impact of their buildings. And in January 2009, it becomes law. So if you're planning changes in your office, thinking about the EPBD now could save the headache of financial penalties later.

#### 5 Avoid negative press

Environmental protection organisations are taking a stand against companies they believe aren't considering their responsibilities. Greenpeace, for example, has staged protests where they've found companies using illegally sourced timber from protected forests. Save time and cash by dealing with protestors by avoiding materials which may cause protest.

#### 6 Improve your brand

Consumers and companies are increasingly showing their environmental awareness by choosing to deal with responsible companies. So taking a green stance can give you credibility – and the edge over the competition, which should benefit your profile and profits.

#### 7 Attract the best employees

There's a whole generation of younger work-

ers who've grown up learning about the importance of environmental issues – and it's now a key social concern. Reflecting those ideas at work can be a big attraction for potential employees.

This was shown in a recent survey by Eversheds. Two-thirds of employees said that their working environment had a significant influence on whether or not they'd accept a job.

#### 8 It can keep your team healthy

A green workplace can help reduce absenteeism in your office. Plenty of fresh air and natural light are good starting points.

Volatile Organic Compounds (VOCs) are substances that can be harmful to health. They include formaldehyde, which is in the top 10 per cent of the most hazardous substances to human health. Yet it's found all over many offices, in everything from fabric finishes and fire retardants, to gloss paints and insulation.

If you're considering a move or a refurbishment, choosing products that contain few or no VOCs can help to improve the well-being of your staff, reducing absenteeism... and making you money.

#### 9 Retain staff and encourage loyalty

Your employees' priorities in life may not always match your own. For example, making money for you or your shareholders probably isn't top of their list. But the environment might be.

So if your team sees your company doing good work, you're more likely to have a happy, well-motivated and loyal workforce.

#### 10 It's your chance to do the right thing

According to the Department for Trade and Industry, the built environment – including offices, shops and factories – is responsible for



**GREEN SCENE:** Employees said the working environment had a significant influence

47 per cent of carbon emissions.

Although it's not always easy being green, businesses have a real opportunity to be cleaner, greener, healthier. And it really can help beat the Crunch.

• Lara Conaway is Sustainability Manager at Morgan Lovell one of the UK's leading office design, fit out, refurbishment and relocation specialist.



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• MASSIVE SAVINGS •

# It's offally cheap and tasty

Nose-to-tail eating is set to become the big foodie trend of 2009 as people look to save money. Offal devotee and foodwriter Sophie Grigson shares her tips for eating innards, plus some tempting recipes

BY LUCY CORRY

LOOKED at buying steak recently? What about a nice, fat lamb chop?

If a trip to the butcher – or even the supermarket meat counter – is enough to make you feel faint, then it's time to follow the big new trend in food for 2009.

Offal – everything from oxtail and tongue to kidneys, tripe and heart – is where it's at, followed by other, lesser known cuts of meat.

Once just the preserve of food fetish clubs and wartime cookbooks, nose-to-tail eating is now heartily and hungrily endorsed by celebrity chefs such as Nigel Slater, Hugh Fearnley-Whittingstall and Gordon Ramsay.

Economic pressures combined with a growing sense of adventure in the kitchen and an awareness of offal's nutritional benefits, are now causing the rest of us to follow suit.

After noticing a 50 per cent rise in demand for cheap cuts of meat like lamb neck, Sainsbury's is doubling its range to include old favourites such as pig trotters, beef shin and lamb breast.

Product developer Georgina Stobart says these cuts are returning to supermarket shelves partly due to their reappearance on restaurant and gastropub menus.

"This year we're expecting to see a massive resurgence in nose-to-tail home cooking, as



**INNARD IT LOVELY:** Stuffed braised lamb's heart; and below right, fried liver, studded with sage leaves and caramelised onions, to take your tastebuds trip back a few years

people tighten their belts and look to spend more time 'comfort cooking' and preparing meals themselves," she says.

That's music to the ears of best-selling foodwriter and chef Sophie Grigson, who has loved eating some of the more unmentionable cuts of meat since she was a small child.

"The dish I remember best was sweetbreads cooked with banana and cream," she says.

"It sounds distressingly outlandish but believe me, it isn't. It is fabulously good.

"More familiar steak and kidney pie or pudding occasionally graced the table, but when time was short supper was more likely to be a plate of tender devilled lamb's kidneys, or fried liver, studded with sage leaves and caramelised onions. Tongue was another favourite, cooked, curled and pressed into shape, then sliced thickly and reheated in a sweet and sour sauce."

Sophie says oxtail stew – "so rich and irresistibly sticky and savoury" – remains one of

her all-time favourite autumn or winter meals, ladled over steaming buttery mashed potatoes.

She's keen to convert others to the cause and wants to put offal back on family menus.

"Many of us probably haven't eaten offal since we were kids but now it's truly time to get it back on our tables," she says.

"Don't be put off by your childhood memories or squeamishness and miss out!"

"Offal is simple to cook and extraordinarily flavoursome, whether it's quick and delicious devilled kidneys or a homely, slow-cooked stuffed lamb's heart, there are cuts and recipes to suit all tastes."

#### STUFFED BRAISED LAMB'S HEART

(Serves 4-6)

*Preparation time: 35 minutes  
Cooking time: Under 2 hours*

- 4 prepared lambs' hearts
- 8 streaky bacon rashers
- For the onion and mushroom stuffing:*
- 40g/1 1/2oz butter
- 1 small onion, peeled and chopped
- 50g/2oz mushrooms, chopped
- 75g/3oz sausagemeat
- 15ml/1tbsp freshly chopped flat-leaf parsley
- 15ml/1tbsp freshly chopped tarragon
- Salt and freshly milled black pepper
- 2.5ml/ 1/2tsp ground mace
- 1 small egg, beaten
- For the braising sauce:*
- 15ml/1tbsp olive oil
- 15ml/1tbsp plain flour



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# and it's back on the menu

200ml/7fl oz good, hot beef stock  
1 x 200g can chopped tomatoes with garlic  
Dash Tabasco sauce, optional  
100ml/3 1/2fl oz red wine

30ml/2tbsp freshly chopped flatleaf parsley  
Preheat the oven to gas mark 4/180C/350F.  
Prepare the stuffing, heat half the butter in a large non-stick pan and cook the onion and mushrooms. Transfer to a large bowl and stir in the remaining ingredients.

To make the braising sauce, heat the oil in the same frying pan, add the flour and cook for one to two minutes. Gradually add the stock, tomatoes Tabasco (if used) and wine. Bring to the boil, reduce the heat, season and simmer for five minutes. Add the parsley, cover and set aside.

Season the hearts and spoon the stuffing mixture into the cavity of each. Wrap with the bacon and secure with butcher's string. Heat the remaining butter in the same frying pan and brown the hearts on both sides. Transfer to a roasting dish.

Pour over the sauce, cover and cook for two hours, or until the hearts are tender.

Remove the butcher's string, slice and serve with creamy mash and seasonal vegetables.



## Trot along for something different off the supermarket shelf

PIGS trotters have not been a feature of the restaurant menu or supermarket shelf for many years.

Nor for that matter have ox cheeks been popular for Sunday lunch?

But supermarkets are gradually reintroducing these cuts of meat to shoppers bitten by the credit crunch. And they will certainly help hungry families who need to tighten their belts.

Stewing steak costs around £4.30 per lb per shop, compared to fillet, which sells at £19 per lb. And pig's cheeks are £1.35 a lb, while pig's trotters are even cheaper at 90p a lb.

Maureen Strong, nutrition advisor for the Meat Service at the Agriculture and Horticulture Development Board, has looked at the relative benefits to those who start to eat the cuts of meat which were once a staple of the British diet.

"There will be variation in these types of meats, depending on the cut," she said.

"Trotters are not renowned for their protein content above other cuts of meats, but this will depend entirely on how it is cooked or cut in the first instance."

"The main difference which we can highlight in these types of meats will be the food quality. Try and compare a sirloin steak to a stewing steak and you'll get a similar comparison to pig's trotters and, say, bacon or pork belly."

"The former will take longer to cook and longer to chew – the very reasons these

meats went out of fashion some time ago."

JC Rook, one of the county's leading butchers, agrees that the trend is towards selling some previously less fashionable meats.

Maidstone manager Stephen Abbott said: "We are selling more stewing steak – that's really noticeable."

"Recently there was a programme with Jamie Oliver talking about how to cook a shoulder of pork and that week we sold out. It's a good thing on the whole. Selling these cuts of meat means we can keep prices of other cuts down – so everyone benefits."

Dietician Amanda Ursell thinks that making these cuts of meat healthy is all about the cooking.

She said: "The good thing about old cuts of meat, like oxtail and pig's trotters is not the meat themselves – as they have considerably less protein – but the things they are cooked with."

"These types of meats are fantastic in soups, stews and casseroles to give a meaty flavour. Add beans, pulses and plenty of veg and you've got yourself a healthy dish that is great value too."

And it isn't just these blast-from-the-past cuts driving down the cost of food. According to the experts, swapping the favourable types of meats for various other cuts, already on the market, could benefit those affected by the credit crunch crisis.

"If people feel afraid to take the plunge with foods like trotters, even swapping

chicken breast or sirloin for a shoulder joint can save a family up to 40 per cent," says Richard Cullen from Research and Insight at the Agriculture and Horticulture Development Board.

"The credit crunch has certainly created awareness for a variety of meats on the market that taste just as good – which is a good thing."

"Whether Britons will be running out to buy pig's trotters for their tea every night, I can't say, but I am sure favourable meats on the market will change."

**SELL OUT:** JC Rook, one of the county's leading butchers sold out of shoulder of pork after it had been featured on a Jamie Oliver (pictured) cookery programme



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# Let's carry on camping

**The great British holiday is having a revival thanks to the recession, so book your caravan for summer 2009**

THE credit crunch is boosting stay-at-home holidays with a massive increase in bookings for caravans and camping sites.

With the Euro almost worth the same as the pound, people are swapping expensive foreign holidays for "staycations" with towed caravans or mobile homes according to travel experts.

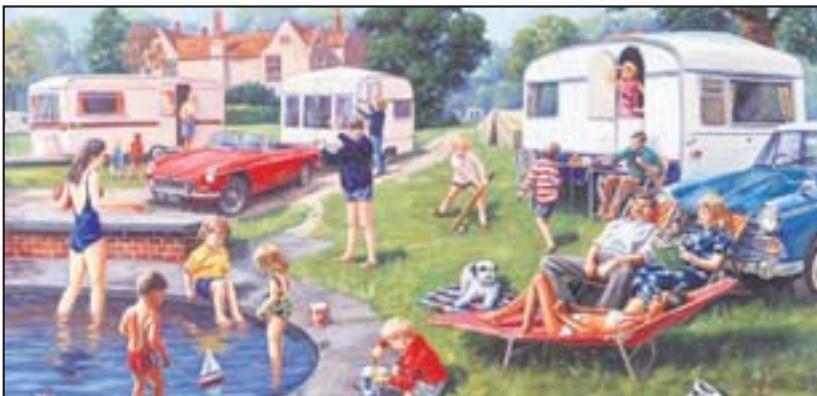
Advance bookings for caravan and camping sites for this year are already up 40 per cent on this time last year. And sites are already recording an increased occupancy of 19 per cent – even though it is still winter.

"We confidently predict that 2009 will be the year that welcomes the return of the great British holiday," said Nick Lomas of the Caravan Club, whose membership rose by 10 per cent in 2008.

Quarterly travel and tourism figures released by the Office of National Statistics show that the number of visits abroad by UK residents was down by six per cent for the three month period during the later part of the summer of last year compared with the previous quarter – and in a recent survey by VisitBritain, the majority of those who responded said they would consider British holidays.

And statistics show that although 90 per cent of British people claim to be saving money in this tough economic climate, few plan to cut back on holidays. In light of the decrease in overseas visits, this suggests Brits are still holidaying, but without leaving the British Isles.

Caravanning is the most popular paid-for hol-



**THE WAY WE WERE?:** Caravan holidays are set for a dramatic 2009 comeback

(Painting Kevin Walsh, print £29.95 see [www.robertopicollection.com](http://www.robertopicollection.com))

iday option, with a 19 per cent share of the market – second only to staying with friends and family. Although the UK offers many different options for those wishing to holiday here, records show that in the previous 12 months, sales of caravans and camping accessories have reached levels never achieved before.

Hoseasons chief executive Richard Carrick said the UK would benefit from the projected downturn in the 2009 overseas holiday market as consumers increasingly feel the pinch.

He said: "There is broad agreement that the overall number of trips taken by Britons will not rise in 2009, but neither will it fall much.

This means that the UK is well set to benefit from the predicted reduction in overseas trips.

"People will still want to go on holiday but they are likely to take short breaks closer to home as and when they can afford it. It will be a case of 'pack up the car and go', with a continuation in the ongoing trend for very late booking."

The Caravan Club is delighted with the trend and say holidaying in this country adds a massive £180 million to local economies.

Mr Carrick added: "This is the biggest opportunity to sell Britain ever, and we believe the travel trade will increasingly see the benefits of promoting domestic holidays in 2009."

Essential guide to where you can save

■ Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu

■ Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000

■ Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off carpets

■ Avinco Limited in Ramsgate is offering 15 per cent off aerial installation

■ Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used

■ Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors

■ Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in

■ KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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BY ANDREW JACKSON

It may not even be spring time yet but financial experts are urging people to plan for the future by saving up for Christmas.

Last year less than one in five of the people who responded to a survey by PayPoint, the UK's leading payment collection agency, made a serious effort to save for the festive season.

And one in 10 of the 1,000 respondents admitted they blew an entire month's pay and any bonuses they might have gained on gifts and partying – leaving them with nothing at all when it came to the month of January.

A total of £18 billion was spent across the UK in 2008 on Christmas presents despite the economic slump. Predictions for the coming season say this figure is likely to be exceeded.

And many families felt the pinch for a number of weeks following the festive season.

So it is probably not a surprise that more than 200,000 people have already signed up to begin saving for the holidays in nine months time with Christmas savings company Park which is a partner of PayPoint.

This figure is expected to double in the next few months according to analysts.

Peter Brooker Head of Corporate Affairs at PayPoint said: "Park helps people plan, budget and save for next year."

Savers can use PayPoint outlets to sign up for the scheme and these are located in stores such as Co-op, Spar, Costcutter, Sainsbury's Local and One Stop.

Gary Woods, Park's Managing Director, said: "Christmas is a difficult and expensive time for many, so our partnership with PayPoint will ensure that saving is really made easy with 21,000 PayPoint outlets across the UK and Ireland. On average our customers save almost £400 over the year, removing much of the worry."

"Everything is delivered in plenty of time for the festivities, giving customers time to relax and enjoy time with their families."



**CHRISTMAS PREPARATION:** Don't let the cost of the festive period catch you out, plan now

## It's not too early to start saving for Christmas

Another suggestion is to enjoy the holiday season without all the stress and strain and budget-breaking expenses by having Christmas all year round.

Financial planners say, for example, if your son or daughter wants a new bike, don't tell him he'll have to wait for Christmas. He prob-

ably couldn't ride it then anyway.

Instead shop around for a really great buy and surprise him on May 3 and say that Christmas came early.

Spreading Christmas throughout the year is much cheaper and leaves you time to really enjoy the time off with your family.

To see this clip, search 'crunch'

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Setting up a small business? We've sought out the professionals to see if now is the right time to go it alone

### Essential guide to where you can save

■ St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership

■ Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking

■ GG Racing in Ashford is offering free memorabilia – buy a share in a racehorse and receive a free mouse mat, coaster, key ring and fridge magnet worth over £10

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# Working out how to cut costs from home



By TONY O'NEILL

MORE people than ever are beating the credit crunch by keeping in shape training at home.

With gym membership costing around £500, exercising in the home is a growing trend.

Research shows that just 43 per cent pay a visit to their gym on a regular basis where as this time last year the number was 71 per cent.

Around a quarter of those staying in say they work out with their partners.

Hollywood personal trainer Cornell Chin, who has worked alongside stars such as Audrey Tatou and Leonardo Di Caprio, said home training has taken off in a big way.

He said: "The cost is of course a major implication. You do not have to fork out for a gym membership if you work out in your house.

"Then there is the convenience. No time is spent going to and from the gym, you don't need to queue for equipment and you can listen to your own CDs.

"Exercise DVDs can tell you what you need to know just as well as trainers and coaches.

"Lastly if it's cold and wet outside you don't need to make the effort to go out.

"It's all there for you indoors."

Although you can buy exercise equipment

for the home, the only item that is vital are dumb-bells.

Popular exercises include bodyweight work such as press-ups, pull-ups, skipping and jogging.

But specialist equipment in the home is also becoming more and more popular.

Nearly half of the people taking part in the survey said they had purchased dome items.

These included treadmills, rings, exercise balls, weights and even bars.

Website [www.weightlossforgo.co.uk](http://www.weightlossforgo.co.uk) has identified exercises for home use. On the site details of how to lose weight are shown as well as ways of strengthening muscles.

Experts add that it is a good idea to check with a health professional and ask their opinion before undertaking any exercise, especially if it has been a while since you have undertaken any fitness.

These are their hints:

- Start off gently, and work within your comfort zone
- Increase your effort gradually over several weeks
- Maintain regular breathing throughout the exercises, try not to hold your breath - your muscles need oxygen!
- Try to keep strict form with control, not using momentum.

They also emphasise not to undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop.

## Essential guide to where you can save

■ Cox & Son furniture store in Ramsgate is offering to upgrade your carpet underlay for free, give super for standard price, and deluxe for super price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off laminates

■ Avinco Limited in Ramsgate is offering a free consultation on digital TV

■ Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used

■ Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool

■ Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt

■ Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms

■ Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture

■ Old Sawmills in Ashford is offering 20 per cent off all showroom items

■ PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOTs

■ KOS is offering ultra slim Danish Skagen watches only £69.99 save £20 on the RRP

■ Thorley Tavern's Oak Hotel in Ramsgate is offering 20 per cent off its bar-food menu

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# Your mortgage could be a fast tracker to savings

By GARY WRIGHT

WE may be in tough times financially, but falling interest rates mean many mortgage holders have a great chance to make their lives better.

Interest rates were slashed again on March 6 to half of one percent.

So the advice is: Pay more.

Now that may seem crazy but if you have any form of tracker – the type linked to the bank base rate – or variable mortgage, you will have seen your monthly payment tumble over the past six months.

If you have a mortgage of £100,000, you are up at least £200, every month.

Now you could spend that money on some of the spectacular bargains on our high street, which is what the government wants because you'll be helping pump money into our economy, saving jobs, securing the future of Britain etc etc. However, a typical UK borrower with a 25-year £113,000 tracker mortgage in October 2008 is saving £218 a month according to the Council of Mortgage Lenders. You can add another £45 a month after the February half per cent cut.

And if you carry on paying the same amount you should be quids in. Analysts say you could knock years off your mortgage and benefit by not becoming used to spending that extra cash.



**QUIDS IN:** HSBC (inset) wrote to tracker mortgage customers about the benefit of overpaying; and (main) Cheltenham & Gloucester's marketing director said overpaying is a smart move

From your own point of view, you are no worse off than you were six months ago but you will help combat any loss of equity in your house and you will be reducing your interest payments and loan term in the long run.

HSBC wrote to 30,000 of its tracker and variable rate mortgage customers to explain the benefit of overpaying.

Meanwhile, Lloyds TSB reported that since November it has received more than 27,000 requests from customers wanting to set up overpayments and within days the interest rate was slashed by another half a percent.

HSBC says overpaying by £100 a month on a £150,000 mortgage at three per cent will save £11,482 in interest and shorten the term by four years and three months.

Stephen Noakes, Cheltenham & Gloucester's

marketing director, is on record saying: "For those who can spare the extra money, making overpayments is a smart move. Not only can it trim years off your mortgage but with house prices falling, overpayments will help to protect the equity in your home."

Remember interest rates will go up again some time in the future and for the thrifty who have not got used to the current low rates, they will not be hit when things do start creeping up again.

If your job is secure, getting used to low interest rates is a bad thing. When they do start going up you will have to readjust. Yet now you can help pay off your mortgage more quickly and benefit from the fact interest rates are at an all time low for any savings you might have.

## Essential guide to where you can save

- County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead
- Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting
- Nasons in Wincheap, Canterbury, is offering 10 per cent off carpets
- Oliver Carpets in Ramsgate and Herne Bay is offering 15 per cent off when you spend more than £600
- Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free
- Robins and Day Motors in Canterbury is offering a free winter health check on production of KOS voucher (normal RRP £19.99)
- Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu
- Ideal Home Improvements in Sheerness is offering 10 per cent off advertised rates
- Kitchen to Table in Rochester is offering £10 off goods with an order value £50
- KOS – Save £200 on the Toyota CB04T Mark II sewing machine only £99.99 inc p&p
- Thorley Tavern in Broadstairs is offering a free glass of wine with The Table d hôte menu Monday to Friday
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# Cash is still king

Some people are looking to make money as the financial markets collapse.

**Sarah Hamilton** discovers how some are managing to do it with investments

IN TIMES of economic gloom most attitudes are just "ride out the storm and let things get better".

But for a few far-sighted individuals the cash trough is a peak of opportunities to make a fortune.

Back in 1974, when the UK stock market was suffering its worst decline since 1929-31 – it was to fall 70 per cent – the investment guru of the era, Jim Slater propounded a truth that came to define the period and later became something of a cliché – "cash is king".

His words were: "You can't always turn shares into cash, or property into cash, or works of art into cash. But you can always turn cash into other things."

So, at the top of any would-be rich person's list should be the retention of a pool of cash.

This empowers investors to take advantage of an opportunity when markets over-correct and throw up bargains, as this present crisis will inevitably do. A second basic principle to accept is the spacing out of investments over time to avoid the trap of buying at the top or on a short-lived 'bounce'.

Over the past six months investors have sought to buy into bank shares convinced that they can fall no further – only to find that they have done so dramatically.

No-one knows where the bottom will be or when it will be reached, though this has not deterred investors from losing a great deal of money on the conviction that they alone are the ones that know. So be careful.



SHARES: Opportunity to make money?

Central to UK investor concerns is a return of inflation as pressure grows on the Bank of England's Monetary Policy Committee to cut interest rates. Investors can take out some protection through a product that has fallen out of fashion in recent years: index-linked Government stock.

This can be bought through a stockbroker or purchased through National Savings and Investments. It is currently offering two index-linked bonds of three and five years which pay a rate of 1.35 per cent plus the Retail Prices Index rate of inflation. The RPI rate is 4.1 per cent, giving a rate of interest paid of 5.45 per cent.

As the money earned is tax free, the total for a higher rate taxpayer is equivalent to 9.08 per cent. Investors can subscribe for a maximum of £15,000 through NSI.

Property is the asset class from which investors and their advisers most recoil at

present, it's a brave investor who looks at real estate – particularly in the USA. But there are powerful reasons for doing so.

As with the UK, 'average' figures are misleading as the US market covers areas of almost complete price collapses such as Detroit and areas such as up-market New York City and California, where values have held up relatively well.

Another area of investor interest at present is arable land. Values have risen in some areas of the UK by as much as 26 per cent in the past year due to the higher world prices being obtained for crops such as wheat.

This pressure is unlikely to relax any time soon. And investors who do not want to take on the responsibility of farm management can invest through a specialist fund.

Increasingly attractive are exchange traded funds consisting of precious metals and gems which are traded on the stock market and allow cheap exposure to commodities previously out of reach from ordinary income people.

Investors should also widen their choice of assets in this category to embrace exposure to the increasing green energy and renewables sectors. Those who do not have the confidence to invest in this sector directly or who wish to spread their risk can enter through funds such as the £51m Jupiter Green Investment Trust.

One thing is clear from all of this information – there are plenty of ways for forward-thinking portfolio managers to beat the credit crunch and make strong returns even in today's uncertain times.

To see this clip, search 'crunch'

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Recycling may not immediately spring to mind as a way to stretch your budget, but it can. Here's how...

## Essential guide to where you can save

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■ Lindsay's Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack

■ Nasons in Canterbury is offering 10 per cent off tiles

■ Pompheys in Sittingbourne is offering half-price MOT with every service

■ The Pavilion in Broadstairs is offering a buy-two-get-one free breakfast from 9.30-11.30am, on Saturday and Sunday

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\* Admission to the trials is free but a valid 'Key to the Castle' ticket is required to gain entry to the castle and attractions.

Keep up to date with events by visiting [www.leeds-castle.com](http://www.leeds-castle.com)

# Golden advice for all you savvy investors

By NICK AMES

WITH confidence in the stock market at a low ebb, house prices down and savings losing in value, the question for 2009 is simple: Where can money be safely kept to ensure long-term future prosperity for those with savings?

As 2009 gets under way, antiques, paintings and even postage stamps or classic motorcycles are all seen as better alternatives than stocks and shares.

Old Masters, Ming vases and penny blacks are possibly beyond the reach of most mid-range savers.

But there is one thing that is guaranteed to keep its value. Gold.

Gold bullion beat all other precious saving alternatives in 2008, the second year running and the third time since 2005.

A £1,000 investment in gold bullion on New Year's Eve last year would now be worth more than £1,427, according to BullionVault, a global gold dealer.

During the same period, the FTSE100 index of the UK's top firms has dived by almost one-third of its value - turning £1,000



into less than £689.

Then there was residential property, which before tax, maintenance and mortgage costs has transformed every £1,000 invested into just £870, according to Nationwide figures.

In part gold's rise over the year has been largely dependent on the loss in value of sterling against the US dollar, the currency gold is priced in. In dollar terms gold rose just three per cent in 2008.

But looked at long term gold is a good bet. The FTSE has plummeted by 36 per cent since its record peak of 6930, on New Year's Eve 1999.

On the other hand, since the turn of the century, gold has risen by 246 per cent against the British pound.

BullionVault's, Adrian Ash told website thisismoney.com: "Since Gordon Brown sold half the nation's gold reserves at rock-bottom 10 years ago this May, gold bullion has been by far the best-performing asset class for British investors overall."

Analysts have stated that gold looks very attractive in 2009 – if for no other reason that the year looks bad for everything else.

Historically gold rose during the last bout of sharp deflation in the Great Depression of the 1930s when US President Franklin Roosevelt revalued gold by 60 per cent and devalued the dollar by 60 per cent. This made gold's value increase from \$22/oz to \$35/oz.

**PRECIOUS: Gold bullion is a safe investment**

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# Savers cash in accounts to reduce motoring bills

By STEVE LOADER

WITH savings accounts currently delivering such poor interest, many people see trading in a 'gas guzzler' for a cheaper and more economical model as a better return on their investment.

And there is some 'green' kudos to be had. The Government is using escalating road tax or VED (vehicle excise duty) to drive people into smaller and cleaner cars too.

The current scale is zero to £400/year and set to become tougher. By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

As a result, some manufacturers have produced models that are actually exempt from VED by sneaking below the 100g/km CO<sub>2</sub> emissions mark and into band-A.

Most manufacturers also now have an 'Eco' sub-branding for their lowest emission models. Ford, for instance, is using the ECOntic label to highlight the most environmentally-friendly versions of key models such as the tax-exempt Fiesta ECOntic – arch-rival Vauxhall uses the ecoFLEX sub-branding.

Brilliant as they are, 'eco' models often cost more since they have diesel engines and special 'green' features that do not yet deliver the economy of scale savings available to makers across the whole model range.

FORD FOCUS ECONETIC: The ultra green version of the UK's No1 seller is tempting



VAUXHALL'S ASTRA 1.7-LITRE DIESEL ECOFLEX: (Right) Capable of returning a similarly frugal consumption figure

What is more, saving road tax is not such a great incentive when many conventional superminis sit in the lowest road tax band of £35 a year anyway; over three years with an eco model, saving £105 is irrelevant if you spend far more on buying that car in the first place and are then putting expensive diesel in the tank.

So, check out conventional equivalents of eco models and don't dismiss petrol power; that fuel is still cheaper and makes sense for lower mileage users, while emission and consumption levels are closing the gap on diesel equivalents.

Diesel engines also tend to be heavier, so you could find yourself going through tyres more quickly.

Don't ignore alternative power options either,



such as liquid petroleum gas (LPG) or hybrids – see our 'Diesel called into question' article.

Finally, just look again at what you have to part-exchange; you might have lost a packet in depreciation on that big 4x4, but work out what it will cost you to run it for the next three years – it might be a lot less than the cost of chopping it for a new car.

## Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering ADI Training course – £30 off a two-hour session

■ Lordswood Leisure Centre in Chatham is offering free function hire

■ Porphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service

■ Simply Sofas & Beds in Strood is offering 10 per cent off beds

■ Living Out, Log Cabins in Maidstone offers free installation on all its standard range of cabins

■ Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months

■ Baileys Nissan in Canterbury is offering 15 per cent off MOTs

■ Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March, 2009. Meal is from the regular menu

■ Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress

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# Diesel called into question

**DIESEL** has become the fuel of choice recently as UK buyers seek to cut costs, but do the sums still add up?

Part of diesel's appeal was the cheapness of the fuel, greater mpg and the ability of the engines to deliver better pulling power low down in the rev range and to meet tighter emissions legislation.

However, diesel now commands an increasing premium against petrol and there are doubts whether the engines can continue to meet ever-tougher emission laws.

Meanwhile, petrol has retaliated with smaller, lighter and cleaner engines with turbocharging and even supercharging for extra flexibility, while there are other options emerging to save money and the planet:

## HYBRID

Current hybrids use petrol engines in tandem with electric units and Peugeot is planning to bring a diesel version to market soon.

But two powerplants and power supplies – fuel tank plus batteries – mean extra weight, while production complexity means higher prices so buyers need to cover many miles to counter this. Motorway mpg is also hardly better than a standard car.

## LPG

Liquefied petroleum gas (LPG) looks like an excellent alternative fuel due to lower duty and emissions, cheaper car tax and grants towards the higher cost of buying new or converting older vehicles to run on LPG.

There is also a plentiful UK LPG supply as a spin-off from natural gas and refinery production of other fuels. There are many more LPG filling points across the country too – Kent now has some 40 LPG sites – and Proton recently launched a petrol and LPG version of its GEN-2 family hatchback for the same price as the petrol-only model (£10,765).



**ECONOMY:** Peugeot (top) is marrying its diesel expertise with electric power to create a new generation hybrid car to attack Toyota and Honda's petrol-electric models. Could it offer the best of both worlds? Meanwhile (below) Proton offers a petrol/LPG dual-fuel GEN-2 model for the same price as a standard petrol model, saving would-be buyers £1,500-2,000



By **STEVE LOADER**

LPG costs about half that of petrol and diesel at the pump, emits about 20 per cent less CO<sub>2</sub> than petrol and slightly less than diesel and fewer NOx and particulates than diesel. However, the calorific value and consequent mpg is slightly lower than for petrol and it will cost at least £1,500 to convert an existing vehicle via an approved LPG Association operator.

## ELECTRIC

Electric-powered vehicles should be cheap to run, but battery technology cannot yet guarantee ranges to satisfy would-be owners. There is the worry too that the car's emissions are being transferred from the exhaust pipe to the chimney of a fossil fuel-burning power station.

## BIOFUELS

Fuel derived partly from vegetable matter appeals since plants absorb CO<sub>2</sub> during growth and simply release it again when burned – a virtuous circle. They currently divide broadly into biodiesel and the petrol alternative bioethanol and most road fuels sold in the UK will contain at least five per cent biofuel by next year anyway. Some specialist vehicles run on higher 'bio' concentrations, but there is concern that using arable land or forest to grow 'biofuel' plants will strain global food supplies.

## HYDROGEN

Use of this abundant gas to power electrically-driven cars looks like the future. Hydrogen cars are zero emission, producing only water as a by-product, but it is proving hard to establish the cost and possible emissions side-effects of producing the hydrogen fuel. It makes no sense for conventional power generators to burn oil, coal or gas to produce this emissions-free wonder fuel.



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By STEVE LOADER

SAVE money by downsizing and running a cheaper car and then gain even more by smarter driving and journey planning.

For a start, you can save pounds and wear and tear on the car by avoiding short journeys and perhaps get fitter too by walking or cycling; a cold engine can produce 60 per cent more pollution than a warm one and a car used for many short journeys needs extra servicing and wears its engine out faster.

More fuel is wasted and higher emissions are also generated from a cold start – traffic on UK roads contributes 26 per cent of the nation's total carbon dioxide emissions (CO2).

However, if your car journey is a must then follow these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

- Plan your route – forethought can save wear and tear on car and driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute, think about car sharing, Park and Ride bus schemes or other public transport.

- Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines reduce fuel economy by ten per cent or more. Catalytic converters are environmentally friendly, but only when maintained.

- Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

- Obey speed limits to save money and stay legal. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style will save fuel, but never coast in neutral or with clutch pedal depressed to save fuel – vehicle control must not be compromised.

- Accelerate briskly without racing the

# Clever driving is key to cheaper motoring

engine – pulling away too fast uses up to 60 per cent more fuel. Intelligent gear changes at modest engine speeds can cut fuel consumption by up to 15 per cent.

- Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan.

- Buy green fuel and use less. Seek out low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) supplies locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO2.



- Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue.

- Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

- Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

- If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at: [www.yourkenttv.co.uk/community](http://www.yourkenttv.co.uk/community).



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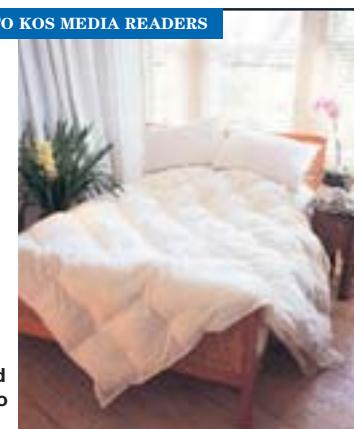
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# A timely movie role for our international export

■ BY KATE WHITING

MAYBE it's the cup of tea in front of him, the way he thoughtfully strokes his chin as he speaks, or the genuine vigour in his voice, but Clive Owen seems surprisingly normal.

The ruggedly good-looking actor has come a long way from his 'rough' Coventry childhood, but despite winning over Hollywood, he remains fiercely loyal to the UK and is firmly rooted in London.

"I love living here," he says, leaning forward in his smart black suit.

"I came to London 20 years ago and fell in love with it. My kids are very happy here, they're very settled at school, all my friends are here, there's absolutely no reason for me to go anywhere."

Owen's family-centred home life is a world away from the red carpet glamour of Hollywood and you sense that's just how he likes it.

And when work, like his latest film *The International*, takes him away from home, he makes sure wife Sarah-Jane Fenton and their daughters, Hannah, 12, and Eve, nine, come too.

"They come to nearly every film I do, they come on location, they meet everybody and they have a great time," the 44-year-old says.

*The International*, as its title suggests, took the actor all over the world – from Berlin, to Istanbul, Milan and New York as his character, Interpol agent Louis Salinger, tries to bring down the world's most corrupt bank.

With the global economy in freefall and bankers swiftly being cast as the new villains, it's an eerily prescient film.

"It's amazing to think that Eric [Singer – the screenwriter] started writing it six years ago," he says. "When I read the script, I felt like it



HOLLYWOOD HEARTTHROB: Clive Owen

was a subject that was worth discussing and talking about now, but no one could have predicted how timely it's become."

His performance opposite King Kong star Naomi Watts in *The International* is followed next month by spy caper *Duplicity*, where Owen teams up with Closer co-star and Oscar-winning actress Julia Roberts.

"That script had some of the best dialogue I've read in years," he says, green eyes sparkling.

"It's about a couple of corporate spies who are having an affair and decide to scam the companies they're working for but don't trust each other at the same time, so it's just right for great dialogue scenes with lots of wicked humour."

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Owen's ascent to Hollywood hero has been a steady one – after winning a place at RADA in the mid-80s he started out on the stage at the Young Vic, playing Romeo to his future wife Sarah's Juliet.

He took on several TV roles, most notably as a loveable rogue in ITV series *Chancer*, before his breakout film role in 1998's *Croupier*. Then came *Closer*, which won him an Oscar nomination and cemented his place alongside Daniel Craig as one of Britain's most bankable leading men.

Once the publicity tours for *The International* and *Duplicity* are over, Owen has no idea what he'll be doing next, but he's not worried.

"It's actually quite nice. I'm currently in a place where I literally have no idea what I'm going to do next and it's quite exciting."

**THE INTERNATIONAL** Certificate 15

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# Sloping off for a new experience

■ BY ABIGAIL JACKSON

I'VE always been slightly envious of people who ski.

In the dreary gloom of winter, they're buzzing with pre-holiday excitement; gleefully checking weather reports before jetting off to the mountains, returning days later rosy-cheeked and elated – while the rest of us bathe the mild flu and seasonal affective disorder.

I longed to discover the secrets of the slopes, the mysterious joys of après ski. As an adult ski virgin, I was pretty sure I had left it too late.

Skiers have been doing it all their lives – how would I ever learn now? Even the language of skiing was foreign; I thought salopettes were a fancy kitchen utensil.

So when I was offered the chance to pop my skiing cherry with four days in Kirchberg, in the Tyrol region of Austria, I couldn't believe it – now I too had a reason to like January!

But it wasn't long before doubts set in...

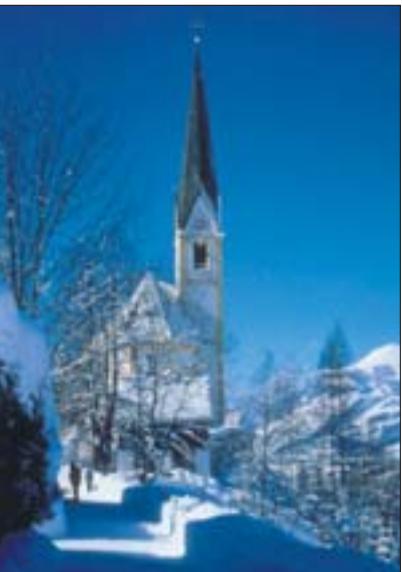
My approach to packing has always been a last-minute, mad-dash affair.

Sift through wardrobe the night before and shove anything into the case that fits. Doesn't work with skiing. Getting the right gear was the first challenge. Even the socks had to be right. Thankfully, you can get most of it fairly cheaply on the high street these days.

Friends advised me to do leg exercises in advance, to avoid the dreaded 'calf burn', as one colleague put it. I didn't have time. Days before setting off, I read an article about common ski injuries, and the importance of remembering: 'Skiing is a sport'.

What was I getting myself into?

On the 90-minute transfer from Innsbruck airport to the small town, or large village, of Kirchberg, I discover that all the other members of my group are experienced skiers and



**SNOW PERFECT:** The church in the village of Kirchberg

quite at home talking about red runs, powder and drifts.

But a hearty welcome meal sorts me out. Austrian food is wholesome and meaty – heaven for a carnivorous foodie like me.

The holiday kicks off with some evening tobogganing. And that's when I start to feel the magic. Snow! Glorious, fluffy, white snow! I feel like I'm five years old again; overcome with delirious joy at the sight of it. And tobogganing is just like sledging when you're a kid. Only when you swap a hill for a mountain, it's a million times better!

After two runs, I've developed an acute taste for speed and can't wait to hit the slopes in the morning. But before that happens, there are a few more necessities to tackle.

First off, getting kitted out with skis and boots. Just carrying the things back to the hotel is a mission. And walking in the boots is impossible.

Getting to the slopes from Kirchberg requires a short, free bus ride. I'm told most beginners start off on nursery slopes with group lessons. But I'm lucky enough to get a private instructor and we head straight to a blue run.

She starts off teaching me the plough, a position which enables beginners to glide down the slope slowly. I feel like Bambi taking his first wobbly steps.

"Whatever you do, don't lean back," my instructor advises, "or you'll be straight on your backside."

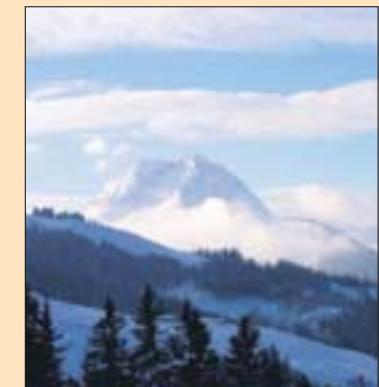
Apparently it's one of the biggest mistakes beginners make. Thankfully, I don't have a problem with this. But maintaining any degree of control is still impossible and I end up falling over anyway.

I ski-hobble my way tentatively down the slope, baffled at how everyone else makes it look so easy. When four-year-olds start whizzing past fearlessly I am slightly embarrassed.

After a couple of hours, I manage to make it to the bottom of the run in one go, albeit very slowly. By the end of the afternoon I'm exhausted. Skiing is difficult.

Our base is Hotel Rosswirt, a traditional family-run business. Its rooms are basic but comfortable, the staff lovely and food delicious.

In the evening we sample a local restaurant and the delights of après ski. After being very well fed, we hit the bars – where fellow skiers, swelling with the satisfaction of a day on the slopes, knock back drinks to the sounds of cheesy Euro pop and lively conversation. I could get used to this.



## FACT FILE: AUSTRIA

Time difference	+1 hour (GMT)
Capital	Vienna
Climate	Cool, temperate
Population	8.2million approx
Currency	Euro
Religion	Roman Catholic
Language	German

## Travel facts

- Abigail Jackson was a guest of Directski.com, which offers seven nights' B&B in the Pension Franglhof in Kirchberg from £359 (two sharing) including flights from Gatwick, Manchester or Belfast, with transfers.
- Directski.com reservations: 0800 358 0448 and [www.directski.com](http://www.directski.com).
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## PROPERTY NEWS



BURIED HER HEAD? Margaret Beckett

### The system isn't HIP, it's time to cancel it

ESTATE agents have called on the Government to suspend the compulsory Home Information Pack system – saying it is “simply not working”.

The call has been made by the National Association of Estate Agents’ chief executive Peter Bolton King, following the publication of the communities and local government committee’s annual report.

Mr Bolton King said: “Once again a fair and rational examination of Home Information Packs has concluded that the system as it stands is simply not working.

“Firstly the cost is punishing sellers in the pocket at a time when they really need all the help that they can.

“More galling, they are spending this money in the knowledge that 77 per cent of buyers admit that they paid no attention to the pack whatsoever.

Housing minister Margaret Beckett herself admitted that HIPs are not working – but now she seems to have buried her head in the sand along with the rest of her department.

“HIPs are confusing to customers and act as a dampener on a housing market which is essential to Britain’s economic recovery.

“With all indicators pointing to a troubled year ahead the NAEA calls on Mrs Beckett to suspend HIPs while the housing market is suffering and re-examine their viability once the market has begun to pick up.”

Since December 2007 every home put on the market, no matter what size, must have a Home Information Pack.

The pack brings together information at the start of the home-selling process – such as a sale statement, local searches and evidence of title – and was intended to save both the property buyer and seller money, time and stress.



# Signs point to injection of cash to aid market

■ BY NICK AMES

THE latest figures from the Bank of England reveal that mortgage approvals fell further in January – despite moves to assist lending.

Financial experts are calling for a further injection of cash in order to boost the property market and assist in an economic recovery.

They say the measures introduced so far have proved inadequate to kick-start a major recovery.

And in the latest move the Bank of England slashed interest rates to a new low of 0.5 per cent.

Chancellor Alistair Darling justified the move by saying: “The key thing for each and every one of us is to ensure we get the economy moving to help people and to help businesses grow.”

The move came as figures were released revealing a total of 98,000 mortgages were approved in the first month of 2009, compared to 253,000 mortgage approvals in the same period 12 months ago.

Some 31,000 home purchase mortgages were approved, down 34 per cent on the figures for a year ago and remortgage approvals fell 71 per cent to 34,000.

Total mortgage lending stood at £9.1 billion – an annual fall of 64 per cent.

Jason Bolton, mortgage expert at financial website Rubii.co.uk, said: “In December we saw a mini spike and people were immediately talking about a recovery – I think these latest figures show that talk of a recovery was a little premature.

“Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and are likely to remain so for the rest of 2009.”



HEADING FOR BETTER TIMES? Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and likely to remain so for the rest of this year

He explained interest rate cuts had yet to have a full effect and the only buyers taking advantage of house price falls are those with cash already behind them.

“The lack of affordable mortgage deals will continue to frustrate buyers hoping to benefit from a property market that has dropped significantly in the last 12 months,” he said.

Simon Robinson, chief economist at the Royal Institution of Chartered Surveyors, said the figures show more cash must be put

into the market.

He said “Despite three consecutive monthly increases in the RICS ‘buyer enquiries’ series, the actual level of new mortgage approvals continues to languish.

“Announcements by both Northern Rock and RBS indicate that a little more funding will flow into the mortgage market over the coming months but as things stand, this will only boost the available finance in the region of ten per cent compared with 2008.”

## Is Darling set to change stamp duty plans?

CHANCELLOR of the Exchequer Alistair Darling’s budget next month looks set to provide a stamp duty cut for some bulk property investors.

Experts say he is predicted to change how stamp duty is calculated so investors buying a large number of properties will only pay stamp duty on each property and not on the total investment.

Currently an investor buying ten flats worth £150,000 each would pay stamp duty of four per cent on the total bill of £1.5 million.

But under the new ruling each home would be taken individually and as the stamp duty

only comes into force on properties worth £175,000 no duty would need to be paid.

So an investor buying a large number of properties under this value would not be taxed.

The reasoning behind the move is that it is hoped the change will encourage larger institutional investors to turn to property – and in particular those taking much longer-term investments and willing to receive lower yields than traditional investors.

Such long-term investors would also be hoped to provide stability to the market and a much needed investment during the property

market collapse.

Peter Cosmetatos, finance director for the British Property Federation, said the current stamp duty rules “seriously deter investment buyers from bulk buying, which seems wrong in policy terms”.

He added: “Buying multiple units to be managed together is efficient and rational in commercial terms, but the current rules make it more expensive in tax terms.

“The stamp duty rules should encourage efficiencies of scale in residential investment and support more efficient and professional management of rented residential property.”

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**George Walk OIEO £160,000**

3 beds, 2 receptions, garage & driveway, ground floor cloak, en-suite.

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**Hopsons Place £160,000**

3 Bed Semi Det House with No Onward Chain. D/Glazing, C/Heating.

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**Victoria Road £150,000**

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**Cryalls Lane OIEO £150,000**

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**Sanspareil Avenue OIEO £145,000**

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**Bluehouses £89,950**

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**£125,000**

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**Triggs Row**



**OIEO £147,000**

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**Lime Grove**



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## MOTORS NEWS



### Zoom-Zoom all-new star is out in the open

MAZDA has unveiled its exciting MPS performance star from the all-new Mazda3 line-up.

A limited slip differential has been retained from the original, which should allow the impressive 2.3-litre turbocharged engine to apply maximum power without the front driving wheels relaying 'torque steer' to the driver's hands.

The new lighter and sleeker Mazda3 line-up also has a new fuel and emissions saving stop-start 'i-stop' system and is expected around May time.



### Bargain open-top buys as recession hits hard

If you always fancied an upmarket crop-top and have money saved, now is the time to buy, says Glass's Guide.

The trade 'bible' reveals that year-old/12,000-mile prestige convertibles are worth up to a quarter less than in March 2008, though bargain hunters must move fast ahead of an expected summer rush.

Best value is the folding hardtop Mercedes-Benz SLK 280 (pictured) and Guide spokesman Richard Crosthwaite added prestige roadster/cabriolet values used to outperform most sectors, but have been hit by decline in consumer spending.



### Hyundai i-20 heating up the hatch price war

FRESH from launching the five-door i20 supermini replacement for the Getz, Hyundai has a three-door version due here in April.

Already undercutting rivals in a sector that has grown quickly as buyers race to downsize, this new i20 version will add to pressure with the usual Hyundai five-year warranty and a start price of £8,195 – £450 less than the five-door. Most buyers are expected to choose the lightweight 76bhp 1.2-litre petrol engine for its low fuel consumption and CO<sub>2</sub> emissions.



**RAISING THE BAR:** Not only has the Yaris received a new look, Toyota has also implemented its new Optimal Drive technology which boosts the engine's efficiency and emissions

# New-look Yaris' makeover has given it optimal appeal

TOYOTA set the bar high with the original 1999-vintage Yaris supermini.

It needed to, after earlier supermini candidates that were pretty underwhelming – remember the optimistically-named Starlet?

However, after a quantum leap with the first Yaris, the next step always risked looking conservative.

And so it seemed when the Mark II launched in 2006; unique selling points were repeated – trouble-free and cheap motoring plus loads of space – but little else seemed new or exciting.

But the Mark II Yaris grows on you and looks all the better for a 2009 makeover (now from £8,585), not simply due to a fresher front and rear end either.

The big news is under the bonnet; Toyota is implementing new Optimal Drive technology widely, but progress in the supermini sector is most crucial as the recession continues.

Optimal Drive boosts combustion efficiency, while reducing friction plus engine and transmission weight to deliver better power, economy and emissions – all Yaris models now qualify for the lowest payable road tax (£35/year).

## ROAD TEST TOYOTA YARIS

■ BY STEVE LOADER

### STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

Impressively, the engine line-up also now includes a lively yet frugal new 1.33-litre petrol engine with 'Stop & Start' to cut the engine and restart it automatically at traffic lights or in stop start traffic.

Toyota claims a class-leading 55mpg average and it is typical of new generation petrol engines that are carrying the fight to diesels, which deliver less value for money in small cars due to extra weight and higher upfront cost.

The 1.33, as tested here in attractively packaged and priced SR (£10,915) form, feels fast and nimble for this class and very much a car for these times.

The rear seat can be adjusted fore and aft – a feature that made the original such a hit – to boost legroom or boot space according to immediate need, and there is plenty of room and storage flexibility in front.

The cabin can be noisy when the engine is under duress and I still don't like the Yaris's trademark centrally-mounted speedo and gauges – I think the former should be as close to straight ahead as possible – but the slick six-speed shift is mounted nice and high and Stop & Start is one of the smoothest and most inobtrusive of such systems tried so far.



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# USED CAR ROUND-UP:

## OUR PICK FROM A KEY SECTOR

### AUDI TT



SEEMINGLY out of nowhere, Audi created the retro-styled TT Coupé – an instant classic evoking the lines and spirit of the great pre-war Auto Union racers. The chic retro theme continues inside the car, which is beautifully made. The original TT's only weakness was a chassis that failed to reach the high standards of contemporaries like the Porsche Boxster, but the blend of fun, style and image is hard to beat at really quite affordable prices now for most versions.

#### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

### AFFORDABLE COUPÉS

SUPERCARS are all well and good, but you can have fun and cut a dash for a lot less cash with an affordable sports coupé from less glamorous carmakers, especially when these hit the used market. Two of our choices here represent superb value and while the original Audi TT was a premium purchase new, the numbers available second-hand make them an accessible and, in most cases, easily maintained sporting option. This trio also make an eye-catching change from spec'd-up three-door hatchbacks masquerading under the 'coupe' label.

### TOYOTA CELICA



DESPITE a drippy name, the last (seventh generation) Celica – at least for now – is a class act that justifies some extra investment. It was a sophisticated drive, yet still very practical with good seating for four plus a useful rear hatchback and load area. The styling is timeless, so it doesn't matter this version was launched in 2000. Best of all, it has a range of free-revving engines, great chassis and built-in Toyota reliability – an unsung hero.

#### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

### HYUNDAI COUPÉ



ONCE Hyundai sorted out the styling and quality glitches of early generations, the Korean brand's 'reliable budget four-seat coupe' proposition was bound to take off. The latest coupé is beefier and smarter and confirms what great value the car is. The chassis cannot rival the Toyota Celica, but delivers great fun with modest outlay. For 0-60mph in 8.2 seconds, there is also the 2.7 V6 version. You may also find a car with some of Hyundai's five-year warranty still intact.

#### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

SOME BEAUTIFUL LITTLE  
NUMBERS TO HELP YOU DRIVE  
A BEAUTIFUL LITTLE NUMBER



Fiat 500 1.2 Pop	36 Monthly payments	£129.00
On the road	£8,100	Optional final payment (inc £240 fee)
Deposit	£810	Total amount payable
Balance financed	£7,290	Typical APR



J G BURGESS & COMPANY

UFTON LANE, SITTINGBOURNE ME10 1JB

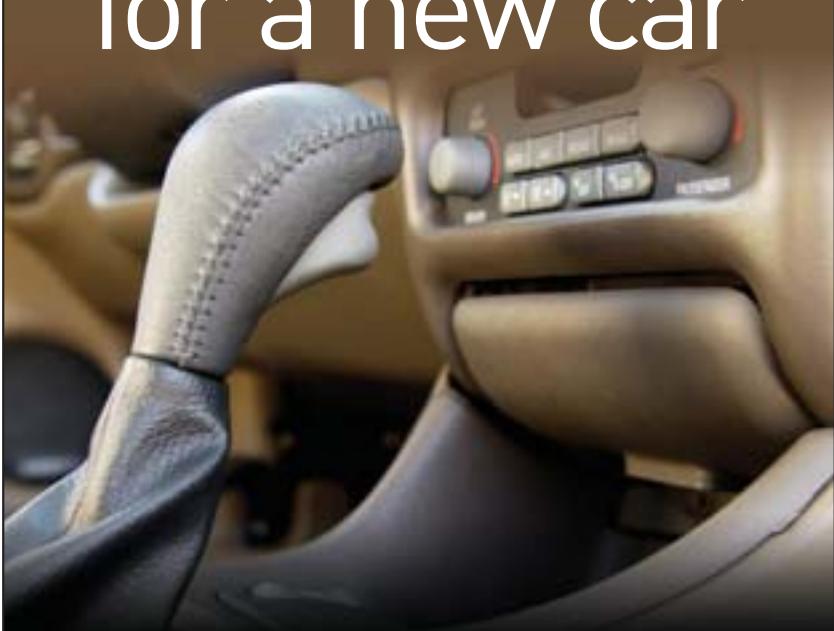
Tel: 01795 423815



Fuel consumption figures for the Fiat 500 1.2 Pop mpg (l/100km) and CO<sub>2</sub> emissions: Urban 44.1 (6.4) Extra Urban 65.7 (4.3) Combined 55.4 (5.1). CO<sub>2</sub> 119 g/km.

With Fiat i-deal you have the option to return the vehicle and not pay the final payment, subject to the vehicle not having exceeded an agreed annual mileage (10,000 in this example) and being in good condition. Excess mileage charges of 9p per mile may apply. Offer subject to status. A guarantee or indemnity may be required. Fiat Financial Services, PO Box 108, Leeds LS27 0WJ. Retail customers only. Not available in conjunction with any other offer. Terms & Conditions apply. Offer ends 31st March 2009. Excess mileage charges may apply. Prices correct at time of printing. Offer may be varied and withdrawn at any time.

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**ALFA ROMEO**

**159**, 2.4 JTDM Lusso 4dr 170TRONIC Diesel Saloon, ps, abs, remote central locking, front electric windows, front fog lights, alarm, trip computer, cruise control, side airbags, electric/floor mats, drivers airbag, rear headrests, audio remote control, body coloured bumpers, space saver spare wheel, isofix child seat anchor points, front head restraints, front armrest, 3x3 point rear seat belts, immobiliser, service indicator, stromboli grey metallic, 15600 miles, £14995, Thames Group Tunbridge Wells, 01892 549766 (TRADE)

**AUDI**

**A2**, 2003, abs air conditioning alloy wheels board computer cd player clock driver airbag electric front windows exterior mirror heated leather steering wheel passenger airbag radio side airbag driver and passenger steering wheel with radio control tilt steering wheel, blue, 29277 miles, £5995, FGBarnes, Maidstone, 01622 755531 (TRADE)

**AAVANT TDI SE** (51.4 mpg) £120 RFL grp 12 (ns), alarm, immobiliser, remote central locking, cloth upholstery, colour coded interior, steering column, cruise control, power steering, stability control, trip computer, abs, child locks, multiple airbags, colour coded body, front fog lamps, metallic paintwork, rear spoiler, rear wash/wipe, roof rails, electric mirrors, electric windows, dual climate zones, cd player, alloy wheels, silver grey metallic, 61000 miles, £7990, AR Cars, Kent, 01342 851122 (TRADE)

**AB6**, SE 4dr 2.4 Man, q51nzf, remote central locking, cloth upholstery, head restraints, power steering, air bag, abs, colour coded body, metallic paintwork, electric windows, air conditioning, cd player, radio, electric mirrors, 15" alloys, green, 130000 miles, £2999, Marshams, Maidstone, 01622 200 100 (TRADE)

**TT**, Quattro 1.8 20V T 225PS, dec 2001, 3 previous keepers, power steering, remote central locking, climate control, electric windows, 6 speed gearbox, full service history, single cd, twin & side airbags, abs brakes, esp, engine immobiliser, car alarm, on-board computer, electric door mirrors, front fog lamps, tinted glass, grey leather interior, sports seats, heated seats, split rear seats, alloys, brilliant black metallic, 45,500 miles, £12,995, Hollis Motors, Dover, 01304 206710 (TRADE)

**TT**, 1.8 2DR, 2002, trim: leather engine size: 1800 transmission: manual no. of doors: 2, grey, 14000 miles, £14995, Palm Bay, Margate, Kent, 017934 298554 (TRADE)

**BENTLEY**

**ARNAGE**, red label auto, 2001, blemish silver with black leather, 50000 miles, £44950, Martin James Cars, Kent, 017954 26700 (TRADE)

**CONTINENTAL**, remote alarm, remote central locking, tracker fitted, full leather, heated seats, colour satnav, cruise control, multi-function steering wheel, parking sensor, power steering, traction control, abs, multiple airbags, auto lighting, colour coded body, front fog lamps, metallic paintwork, rain-sensing wipers, xenon headlights, electric mirrors, electric windows, powered folding mirrors, airbag, electric/driver's seat, cd, front foglights, black, 59150 miles, £7995, E-SSURED Cars UK, Broadstairs, 0845 6447751 (TRADE)

**CADILLAC**

**CTS**, cts 3.6 sport luxury v6, 2005, light platinum with black leather, 22379 miles, £12950, Martin James Cars, Kent, 017954 26700 (TRADE)

**CHEVROLET**

**AVEO**, 2008, abs air con, anti theft protection cd player central locking clock driver airbag driver seat height adjustment electric front windows passenger airbag power steering radio tiltable steering wheel wiper rear window, poly silver, 25 miles, £8145, FGBarnes, Maidstone, 01474 853034 (TRADE)

**CITROEN**

**C-CROSSER**, 2.2 HDi Exclusive 5dr, 2008, 2.2 hdci exclusive 5dr diesel estate, grey, 12000 miles, £17995, Barretts Citroen, Canterbury, 0845 7309768 (TRADE)

**KALOS**, SX 5dr, central locking, immobiliser, power steering, electric mirrors/windows, air con, abs, cd, met paintwork, colour coded body, cloth, alloys, aluminium silver, 3000 miles, £5995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

**MATIZ**, SE Ac 5dr, air con, cd player, radio, power steering, abs, cloth upholstery, height adjustable seat, auto-dip rearview, rain-sensing wipers, cd player, radio, adjustable steering column, electric windows/mirrors, remote central locking, remote alarm, height adjustable seat, front fog lamps, parking sensor, alloys, black, 38300 miles, £7695, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**5 SERIES**, 520 i AWD, remote alarm, remote central locking, centre armrest, head restraints, power steering, abs, multiple airbags, front fog lamps, metallic paintwork, electric mirrors, electric windows, air con, radio cassette, 16" alloys, always over 60 mercedes-benz cars in stock! we will not be beaten on price! fully fsA regulated, light blue metallic, 85000 miles, £7995, DW Leisure Mercedes Benz Specialist, Welling, 0208 8548037 (TRADE)

**TACUMA**, CDX Plus, alarm, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, height adjustable seat, rear wash/wipe, metallic paintwork, abs, power steering, electric mirrors, air con, cd player, 15" alloys, grey, 7000 miles, £4995, Automatically Ray Morris (Bexleyheath), 01322 524 680 (TRADE)

**DISPATCH**, 815 Enterprise Refrigerated Chiller Freezer, ce56zvv, twin sliding doors, dual passenger seat, cd player, remote central locking, power steering, grp lined. gah equipment. electric standby available if required (optional extra), white, 18000 miles, £8500, BHVR, Sevenoaks, 01474 853034 (TRADE)

**COURIER 1.8**, 23/10/1998, white, 52421 miles, £34500, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

**CHRYSLER**

**6000**, 645ci coupe, 2004, mystic blue with black dakota leather, 39000 miles, £24950, Martin James Cars, Kent, 017954 26700 (TRADE)

**7 SERIES**, 735i AUTO, 2002, oxford green metallic with beige nappa exclusive, 79000 miles, £11950, Martin James Cars, Kent, 017954 26700 (TRADE)

**Z3**, 1.9 Roadster Convertible 2d 1895cc, p180jmf, abs braking system, alloy, leather seats, electric windows & mirrors, central locking, deadlocks, abs traction control system, power steering, drivers airbag, electric/driver's seat, cd, front foglights, black, 59150 miles, £7995, E-SSURED Cars UK, Broadstairs, 0845 6447751 (TRADE)

**CHEVROLET**

**CTS**, cts 3.6 sport luxury v6, 2005, light platinum with black leather, 22379 miles, £12950, Martin James Cars, Kent, 017954 26700 (TRADE)

**CHEVROLET**

**PT CRUISER**, ic57 fwz, air con, full leather, remote central locking, remote alarm, power steering, abs, electric windows, electric mirrors, powered folding mirrors, traction control, power steering, drivers airbag, electric/driver's seat, cd, front foglights, black, 59150 miles, £7995, E-SSURED Cars UK, Broadstairs, 0845 6447751 (TRADE)

**CHEVROLET**

**SAXO**, 1.6 16v TWS Hatchback 3d 1587cc (2000), 03, met blue, miles, £3999, Bob Fisher Garage, Ashford, 01303 814131 (TRADE)

**FIAT**

**DOBLO**, 8v Dynamic Hr, yx57pwn, grey, 1700 miles, £7495, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

**FIAT**

**DUCATO**, 30 100 Multijet L2 H1, ej56f1g, remote central locking, cloth upholstery, ply-lined, side load door, dual passenger seat, low floor, barn doors, adjustable steering column, power steering, abs, air bag, cd player, radio, heated seats, centre armrest, rear wash/wipe, rear headrests, front fog lamps, alloy wheels, white, 2250 miles, £7000, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

**FIAT**

**MAREA**, TD 100 SX Weekend, 1998, red, 106000 miles, £995, County Car Sales, Dover, 01304 242324 (TRADE)

**FIAT**

**SCUDO**, 2.0 JTD SX 3+3 Combi Window Van, cloth upholstery, 3-person rear seat, twin sliding doors, barn doors, dual passenger seat, adjustable steering column, power steering, abs, 3000 miles, £5995, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

**FIAT**

**STILO**, 16v Active Sport 3dr, power steering, abs, trip computer, twin air bags, curtain airbags, cd player, radio, cloth upholstery, adjustable steering column, electric front windows, electric mirrors, remote central locking, remote alarm, rallyos, silver, 24300 miles, £3995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**FIAT**

**RANGER**, Supercab 2.5 TD 4X, av05hz, remote central locking, cloth upholstery, center armrest, adjustable steering column, power steering, abs, air bag, air conditioning, electric mirrors, electric windows, radio cassette, 4x4, x2 rear seats, hard top, load liner, white, 32000 miles, £4495, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

**HONDA**

**C-MAX**, Ghia (2005) 5-Dr 1.8 TDCi Lynx Stg 4 115 PS (-), 25/01/2006, black, 30933 miles, £7700, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

**HONDA**

**COURIER 1.8**, 23/10/1998, white, 52421 miles, £34500, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

**HONDA**

**ACCORD**, Type-V, y915 mrx, front fog lamps, remote central locking, alarm, full leather, electric seats, height adjustable seat, adjustable steering column, rear headrests, electric mirrors, electric windows, air conditioning, climate control, radio cassette, twin air bags, electric sunroof, abs, power steering, alloy wheels, green, 54600 miles, £2995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**HONDA**

**FORD FOCUS LX 1.6**, 01/Y, 5dr, Hatchack, Metallic Red, Full Service History, 1 Owner, Power Steering, Electric Windows, ABS, 30,000 Miles, Tel 01234 567890, Sunroof, 30,000 Miles. Tel 01234 567890

**FORD FOCUS LX 1.6**

**FORD FOCUS LX 1.6**, 01/Y, 5dr, Hatchack, Metallic Red, Full Service History, 1 Owner, Power Steering, Electric Windows, ABS, 30,000 Miles, Tel 01234 567890, Sunroof, 30,000 Miles. Tel 01234 567890

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**FORD FOCUS LX 1.6**

**FORD FOCUS LX 1.6**, 01/Y, 5dr, Hatchack, Metallic Red, Full Service History, 1 Owner, Power Steering, Electric Windows, ABS, 30,000 Miles, Tel 01234 567890, Sunroof, 30,000 Miles. Tel 01234 567890

**FORD FOCUS LX 1.6**

**NEMO**, 1.4 HDi X, 2008, 1.4 hdix diesel, white, 1000 miles, £6995, Masters Citroen, Penge, 0208 639 0909 (TRADE)

**RELAY**

**1800**, 2.8 HDi LWB Hi-Roof, y558xa, side load door, bulkhead, dual passenger seat, radio cassette, power steering, white, 55200 miles, £2895, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

**RELAY**

**1800**, 2.8 HDi LWB Hi-Roof, y558xa, side load door, bulkhead, dual passenger seat, radio cassette, power steering, white, 55200 miles, £2895, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

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**RELAY**

**1800**, 2.8 HDi LWB Hi-Roof, y558xa, side load door, bulkhead, dual passenger seat, radio cassette, power steering, white, 55200 miles, £2895, Clearways Commercials, Sevenoaks, 01474 853034 (TRADE)

**RELAY**

**ESCORT**, FLIGHT 1.6 5 DOOR HATCHBACK, 2001 x, metallic cherry coachwork with contrasting black cloth trim, service history with recent service, new mot, only one family owner from new just serviced and new cam belt, new mot at a cost of now £1495, metalic glossy, 109000 miles, £10995, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

**FIESTA**

**FIESTA**, STYLE, 07 2007, it is still covered by the ford warranty, and does not need a mot for 2 years. it is in the very low tax and insurance guips. it will be very good value for a small 5 door car with less then 5 thousand miles drive available, finance subject to status, blue, £7295, Courtenay Cars, Charing, Ashford, 01333 714848 (TRADE)

**FIESTA**

**FIESTA**, 1.2 5dr, ap04 fjt, £10,000, cd player, radio, power steering, abs, cloth upholstery, folding rear seats, head restraints, metallic paintwork, rear wash/wipe, air con, stereo, £2695, Marshams, Maidstone, 01622 200 100 (TRADE)

**FIESTA**

**FIESTA**, 1.2 5dr, ap04 fjt, £10,000, cd player, radio, power steering, abs, cloth upholstery, folding rear seats, head restraints, metallic paintwork, rear wash/wipe, air con, stereo, £2695, Marshams, Maidstone, 01622 200 100 (TRADE)

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**FIESTA**

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## WOMEN seeking men

### TAKE ME FOR WHO I AM

Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871

### SINGLE DAD WANTED

Single mum, 23, nice and curly, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTM an honest and trustworthy male, 28-38. Box 446099

### BLONDE BABE LIKES FOOTIE!

Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Enjoys going out and staying in, looking for a like-minded man, to be her scoulmate. Box 446494

### GETTING TO KNOW YOU...

Sociable girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 446756

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### HOLD MY HAND

Single mum, 28, looking for LTR. I enjoy cosy nights in, dancing, dining out. I'm 5ft1, short hair, blue eyes. Box 445363

### BRING ME SUNSHINE

Outgoing, fun female 26, seeks outgoing, fun guy to make me laugh and share the good times with. Box 882511

### GIVE AND TAKE IN LOVE

Loving loyal female, 30, blue eyes, brown hair, seeking LTR with male 30-35, 5ft6, no baggage, in the Maidstone area. Box 448471

### GET A STRIKE

African, single mum, caring, adventurous, generous, 30yrs old, medium build. I love cinema/TV, music, bowling, shopping, cosy nights in. Box 882878

### LTR WANTED

Easy-going black female, 32, medium build, likes football, cooking and socialising, looking for a non-smoking, loving and caring white male, 25-48. Eastbourne. Box 446684

### NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, seeks kind, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

### AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

### MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopefully happiness - no time waster! Box 908053

### SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, sees genuine male for friendship and more. Box 448666

### LOOKING FOR A LOVING CHAP

Ashford-based woman looking for an honest, friendly, caring and loving man. I have two kids and enjoy the usual things in life. Box 446986

### ON THE LOOKOUT FOR LOVE

37y old female, 2 kids, slim, brown hair and eyes, 5ft2, looking for a caring, loving, honest and trusting male to be my someone special. Box 446552

### MESSAGE IN A BOTTLE

Good looking woman, 37, 5ft2, brown hair/eyes, two kids. Looking for new friends and hopefully someone special. Box 446039

### LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 438102

### HISTORIC MEETING?

Mum of three, 36, long mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693

### MEET ME DOWN

Pretty, black female, 38, 5ft4, like foot-ball, socialising and cooking, looking for a loving and caring male, 38-42, for a LTR. Box 446684

### ATTRACTION WILL HEAR

Single female, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopefully happiness - no time waster! Box 908053

### HORSES FOR COURSES...

Caring, loving, affectionate female, 30,

5ft2, blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 398401

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(Calls cost £1/min; contact your service provider for details)

**REPLY to an ad, call:  
0905 211 0651**

(Calls cost £1.20/min; contact your service provider for details)

**REPLY by Text**

You can choose to text the member's 6-digit box number followed by a space, then your message (max of 160 characters) and send to 82250 e.g. 654321 Hi my name is... Standard network rates apply to send messages. Successfully forwarded messages cost £1.50 per message.

**BROWSE and listen line:  
0906 753 3093**

(Calls cost 75p/min; contact your service provider for details)

**HELP required with service?  
0871 220 9205**

Live assistance, 2pm-5.30pm. Mon to Fri | Email: louise@gwave.co.uk

(Calls cost 10p/min; contact your service provider for details)



## ANIMAL LOVER?

Cute, 31, 5'4", size 12, dark hair, with blonde highlights, tactile, WLTM intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734

## AUTISM AS CAN BE

Honest, 31, 5'4", size 12, dark hair, Kent-based, into mostly, thinking for friendship or possibly romance. Box 897983

## BLONDE AMBITION

Bubbly, cuddly, blonde single mum, 38, 5ft6, likes cars, reading, pubs, cosy nights in, having a laugh, looking for that right male for LTR. Box 905614

## COULD IT BE YOU?

I'm 44, slim, 5ft6, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800

## COME ON DOWN!

Honest, bubbly female, 45, long hair, slim, enjoys walking, cinema, socialising: seeks honest, friendly chap for friendship leading to more. Box 882693

## WALKS ALONG THE COAST

Honest & sincere female, 58, tall, GSOU, seeks country pub, coasts, cinema, seeking a man who's a match for with GSOU for relationship. Box 441622

## LIFE AND LAUGHTER

Young minded, sexy, slim lady, I'm fit and healthy, 45yrs old and I'm looking for a man for fun and laughter. Box 449762

## HAPPY AS ME

Fun-to-be with, happy, contented lady, 60, 5ft4, I enjoy theatre, dining out and having friends round for a meal, gardening. Box 882812

## ONLY LOVE

Classy, intelligent, happy, slim, attractive, fit and active lady, 60, GSOU, enjoys travel, gardening etc. Looking for that special friend to share life with. Box 883791

## SOULMATE FOREVER

Help! I'm 62, young and bubbly, 5ft2, slim, attractive, hair, active, gentle, tactile, caring, looking, seeking similar happy-go-lucky male for love and romance. Tunbridge Wells. Box 449722

## FANCY A FILM?

I'm Pam, 47, 5ft11, brown hair, hazel eyes, slim/lardy, divorced, looking for a LTR with a nice and genuine man. No time-wasters please! Heathfield. Box 446862

## BE MY FRIEND AND LOVER

Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy Box 429582

## JUST IMAGINE

Petite, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things, WLTM genuine male, to see where life takes us! Box 893562

## THE HOME LIFE

Happy, caring female, horsey, tactile and honest, I'm black African, 41, 5ft2, medium build and would like LTR with the right person. Box 446024

## LIFE IS GIVING LOVE A GUARANTEE

Down-to-earth lady, 42, sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712

## SATURDAY NIGHT AT THE MOVIES!!

Single mom, 43, kind, devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586

## AIMING HIGH

Smart, aerobics instructor, female, 43, seeking decent, tall, fit male for companionship, hopefully leading to a relationship in my spare time (mainly afternoons). Box 446017

## GOOD TIME GIRL

Outgoing young lady, 43, blonde hair blue eyes, works hard, loves socialising, partying, meeting new people, looking for similar male to enjoy happy times with. Box 449157

## WHERE R U?

Cheerful, honest, popular blonde, 50yds old, 5ft2, slim, looking to find an honest, loyal man. I am please call again/leave contact details. Box 887347

## HERE AND NOW

Outgoing lady, 50, enjoys walks along the beach, nights out and in with a quiet bottle of wine, seeks man to love forever. Box 449524

## KEEPS

I'm Karen, 50, medium build, 5ft, separated, devoted mom, looking for friendship with someone who likes dining out, evening walks and perhaps something lasting... Box 882618

## CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 49-55. Box 417100

## YOU DON'T KNOW UNTIL YOU CALL...

Young looking, hard working 53y old I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410

## LOVING HEARTS OF LOVE

Loving male, 40, 5ft10, slim, black hair, looking for long term romantic relationship with loyal, kind, considerate, romantic girl like me. Box 449672

## ANYTHING IS POSSIBLE

Art-loving 40yr old, 5ft9, brown hair/eyes, into motorbikes and weight-lifting, looking for a trustworthy female for friendship to start off with, then who knows? Box 448298

## FRIENDSHIP, HOPEFULLY MORE

Feminine woman, easygoing, caring, 45, long brown hair, blue eyes. I'm music, eating out, reading/writing, drives, weekends away. WLTM boy-friend. Box 448248

## HAPPILY EVER AFTER

Slim attractive girl, 53, short dark hair, divorced, devoted mom, enjoys gardening and flower arranging, the sea, motorbikes; WLTM female who enjoys life. Box 449894

## ON THE DANCEFLOOR

Outgoing, young-minded male, 47, smoker, likes war games, books, cinema, castles, places of interest, seeking similar woman to boogie on the dancefloor with. Box 449740

## SEARCHING FOR LOVE

Genuine single female, 41, worked hard all my life now need to find love, seeking loving lady to have loads of fun and more. Box 884098

## ATTRACTIVE, BUBBLEY LADY

52yrs, 5ft6, blonde, size 12 enjoys good roofing, theatre, cinema, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship. Box 414104

## ROB THE BUILDER

Medium build lad, 43, olive skin, looking for a genuine lady to spend the good and the bad times with. Box 447658

## SEEING THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, sees genuine male for friendship and more. Box 448666

## SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, sees genuine male for friendship and more. Box 448666

## HORSES FOR COURSES...

Caring, loving, affectionate female, 30, 5ft2, blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 398401

## GET A STRIKE

African, single mum, caring, adventurous, generous, 30yrs old, medium build. I love cinema/TV, music, bowling, shopping, cosy nights in. Box 882878

## LTR WANTED

Easy-going black female, 32, medium build, likes football, cooking and socialising, looking for a non-smoking, loving and caring white male, 25-48. Eastbourne. Box 446684

## NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, sees kind, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

## AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

## MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopefully happiness - no time waster! Box 908053

## SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, sees genuine male for friendship and more. Box 448666

## HORSES FOR COURSES...

Caring, loving, affectionate female, 30,

5ft2, blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 398401

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## Senior & General Appointments 65-68

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- HEALTH AND SAFETY, SECURITY, DEFENCE
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- INDUSTRIAL, WAREHOUSE, FACTORY
- IT, INTERNET, TELECOMS
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- NURSING, MEDICINE, CARE WORK
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- PUBLIC SECTOR, SOCIAL SERVICES
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- TRANSPORT, LOGISTICS, AVIATION

### Fuji Seal Europe Ltd.

The Fuji Seal Group is the only shrink sleeve manufacturer offering a complete single source solution utilising its network of manufacturing operations in the UK, Netherlands, France, Poland, USA, Asia and Japan.

We are recruiting the following positions:

#### MAINTENANCE ELECTRICIAN

Duties will include preventative and breakdown maintenance, improvements and new installations. Individual responsibility for ensuring machines operate to appropriate quality specifications. Working an 8 hour rolling shift pattern (6am-2pm, 2pm-10pm, 10pm-6am) Monday-Friday plus callout requirement. The following qualifications are appropriate, but alternatives may be acceptable. Apprenticeship served Maintenance Electrician, City & Guilds or BTEC (ONC) in Electrical Engineering, 17th Edition Wiring regulation.

#### MAINTENANCE FITTER

Duties will include a wide range of tasks including planned preventative maintenance, unplanned repairs and new installations. You will work with a small team of colleagues on a continental shift pattern (2x12 hr days, 2 x 12 hr nights, 4 off). The following qualifications and experience are appropriate, but alternatives may be acceptable. Apprenticeship served, City & Guilds in Mechanical Engineering, some electrical knowledge and experience advantageous but not essential.

You'll enjoy a full range of employee benefits. To apply please send your CV to HR Department, Fuji Seal Europe Ltd, Scimitar Close, Gillingham Business Park, Gillingham, Kent ME8 0RJ or alternatively you can email to [jobs@uk.fujiseal.com](mailto:jobs@uk.fujiseal.com). Previous applicants need not apply.

**Closing date: 9 March 2009**

**Strictly no agencies.**

Fuji Seal Europe are an equal opportunities employer.

#### Community Drug Workers

£21,244 – £27,492 + ESSENTIAL CAR USER ALLOWANCE UP TO £1,095

#### EAST/WEST KENT AND MEDWAY

KCA (UK) is an expanding and vibrant organisation providing a wide range of high quality and innovative specialist services in the drug, alcohol and mental health sectors.

Could you help chaotic injecting drug users to stabilise their use and begin shaping better lifestyles? It is a big challenge that will see you work closely with medical staff as you deliver assessment and key worker support to people accessing the substitute prescribing service.

Significant experience of working with individuals with drug related problems is desirable, along with a qualification to diploma level in a relevant area – nursing, counselling or social work for example. As for your future, there is the opportunity to make a huge impact on people's lives and help grow our services into the future working as part of a multi-disciplinary team.

For further information and an application form email [recruitment@kca.org.uk](mailto:recruitment@kca.org.uk) or write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT. Alternatively, call 01795 590635. Please quote ref: 553

**Closing date: 13 March 2009.**

**Interview date: 1 April 2009.**

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse. Charity no: 292824.

[www.kca.org.uk](http://www.kca.org.uk)



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Medicys Limited, Broad Oak Enterprise Centre,  
Broad Oak Road, Sittingbourne, Kent ME9 8AQ

#### Gravesend Grammar School for Girls

A Specialist Science College

Pelham Road, Gravesend, Kent DA11 0JE  
Telephone: 01474 352896 Fax: 01474 331195  
Website: [www.ggsg.org.uk](http://www.ggsg.org.uk)  
email: [enquiries@ggsg.org.uk](mailto:enquiries@ggsg.org.uk)

#### TEACHER OF MATHEMATICS

##### Maternity Cover – September 2009

We are looking for a well-qualified and enthusiastic Teacher of Mathematics to join a highly successful Faculty. The person appointed would be required to teach up to A' Level. Maths is a very popular option with students and a high proportion go on to study a Mathematical course in Higher Education.

The person appointed will receive high quality mentoring and support. The Faculty enjoys excellent facilities and equipment.

We have been a Specialist Science College since September 2004; this has led to a broad range of innovative practice across the school and we are looking to develop cross-curricular projects involving Mathematics.

The School has a high profile for achievement locally and nationally and prides itself on a strong record of internal professional development including a full induction in the Summer term.

The School is also an Investor in People and an Investor in Careers.

Application forms and further details are available from the Headteacher's Personal Assistant, Mrs M Tong Ralphs. Completed forms should be returned by post, fax or email for the attention of **Mrs E Wilson, Headteacher**, no later than

Wednesday 18th March 2009

*This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.*

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**14-19 Programme Manager** (Full time up to £31k pa) Canterbury  
The successful candidate will work closely with the management team, tutors and operational staff to ensure the design, development, management and implementation of programmes is of a consistently high standard. You would be highly skilled in developing and maintaining effective relationships with key partners and stakeholders. We are looking for inspirational and committed individual, who can show excellent interpersonal, communication and influencing skills. Applications are welcome from experienced candidates, and will hold a DTLLS teaching qualification (Certificate in Education or equivalent), together with an interest in sports and fitness and curriculum development for the 14-19 age range.

##### How to Apply

Please contact Amac for an application form, full job description, candidate requirements, and details of salary and benefits for position. Contact [info@amactraining.co.uk](mailto:info@amactraining.co.uk) or 01227 831 840. Alternatively e-mail your C.V. with a covering letter, or post it to:  
Amac, 2 Denne Hill Business Centre, Womenswold, Canterbury, CT4 6HD  
Closing Date: 25 March 2009 Interview Date: 31 March 2009

#### Music/Play Worker - Disability Specialist

Pie Factory Music are seeking a creative and energetic individual with enthusiasm for a range of musical styles to work across East Kent with disabled children and young people, involving them in creating music. You will plan and deliver a wide range of music making sessions, courses and play activities for children with a range of abilities. This will include the use of specialist sound beam equipment (training provided).

You will be qualified to NVQ3 in music/youth/play work or equivalent. Previous experience with disabled children preferred.

You will need to be mobile and able to deliver sessions across East Kent. Skills in non-verbal communications systems, e.g. BSL, Makaton, PECS, etc., would be an advantage.

For more information and an application pack, please call **Steve Kreeger** on 01843 596777 or e-mail [steve@piefactorymusic.com](mailto:steve@piefactorymusic.com).

To find out more about Pie Factory Music, visit [www.piefactorymusic.com](http://www.piefactorymusic.com)

Closing Date: 31/03/09



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48.0 hours per week Competitive Salary

HGV Class 2 Driver for an immediate start.  
Lorry mounted crane licence is essential.

Recovery (streetlifter) or transporter experience is desirable. Full training & uniform supplied.  
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Or email: [suzy@ctrent.co.uk](mailto:suzy@ctrent.co.uk) to send in your CV or request an application form.

Closing date for application **23rd March 2009**

[www.trents.co.uk](http://www.trents.co.uk)



## PA to CHIEF EXECUTIVE

The GSE Group are one of the South East's leading construction companies whose diverse business interests include Groundworks, Haulage, Design & Build, Development and Plant Hire.

An extremely organised, self motivated individual is required to take up the role of PA to the Chief Executive. The successful candidate will undertake a range of duties & responsibilities covering all PA, secretarial and administrative functions, including diary management and organising overseas and UK travel.

Candidates will be versatile, able to multi task, work under pressure to tight deadlines and demonstrate the ability to deal with complex and confidential issues.

Excellent IT skills and a proven record of PA experience are essential. Previous experience in a similar role is desirable.

Core hours of work are 8.30 to 5.30 Monday to Friday.

Applications with full CV to be sent to Mrs. S. Barlow, HR Manager, GSE Group, Joshua House, Crowbridge Road, Ashford, Kent TN24 0GR or [sue.barlow@gse-group.com](mailto:sue.barlow@gse-group.com).

Closing date 11 March 2009. No Agencies please



## Band 6 Occupational Therapist

Our Occupational Therapy Service has a vacancy for an enthusiastic Occupational Therapist. The post would require 32 hours a week during term time with an additional six negotiated days out of term time hours.

The Royal School for Deaf Children and Westgate College for Deaf People are a specialist residential school and college for children and young people who are deaf, many have additional complex needs, including learning difficulties and behavioural difficulties. We also have a Community Living provision for adults with similar conditions.

For further information or informal visit (strongly recommended) please contact Stephen Webb, Occupational Therapist at:

**Royal School for Deaf Children,**  
Victoria Road, Margate, Kent, CT9 1NB.  
Telephone: **01843 222454.**  
Email [swebb@royalschoolfordeaf.kent.sch.uk](mailto:swebb@royalschoolfordeaf.kent.sch.uk)

Please telephone Diane Kirrage, HR Administrator on **01843 222429**  
for an application form.  
**Closing Date: Friday 27th March 2009**

**Full Time MANAGER**  
Required for Boutique in CHISLEHURST. Previous Retail Experience Essential.  
Call Ben or Michele  
0208 316 6842  
[info@davinoeshoes.co.uk](mailto:info@davinoeshoes.co.uk)

## SUPPORT STAFF AND TEAM LEADERS

Required for our autism specific service in Folkestone. NVQ qualification preferred although not essential.

Please call Tom on  
01303 251618/01303 259561 for more details.  
Salary £6 + per hour.

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## Career Opportunities

*Sheppery College is an equal opportunities employer*

Sheppery College is a satellite of Canterbury College and has been open since 1996. We offer a variety of courses in a modern and friendly learning environment and enjoy excellent rates of success.

### Learning Support – Essential Skills

18.5 hours per week, 38 weeks per year term time, salary starting at £16,914 pro rata per annum

For an information pack please visit [www.canterburycollege.ac.uk](http://www.canterburycollege.ac.uk) or call the Human Resources Office on 01227 811282 (24hr answerphone) quoting the above reference.

#### Staff benefits include:

- Pension & Life Assurance Scheme
- Proximity to main bus & train stations
- Generous Holiday Allowance
- Close to Town Centre

The closing date for the above post is Monday 16th March 2009 at 12 noon

**CLICK**  
[www.canterburycollege.ac.uk/job-vacancies](http://www.canterburycollege.ac.uk/job-vacancies)

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01227 811282 (24 hr answerphone)



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## Career Opportunities



*Canterbury College is an equal opportunities employer*

Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

### Section Manager Construction Craft

08/12

37 hrs per week, salary starting at £33,858 per annum

### Section Manager Dental Nursing, Social Care and Counselling

06/110

37 hrs per week, salary starting at £33,858 per annum

### Acting Section Manager NVQ's and Professional Studies, Dental, Nursing, Social Care and Counselling

09/02

37 hrs per week, salary starting at £33,858 per annum. Fixed Term post ending 31 July 2009

### Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation

09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

### Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation

09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

### Lecturer Key Skills (to Automotive Engineering students)

07/30

37 hours per week, salary range £18,387 – £26,363 per annum

### Supply Lecturer Community Development

S/CD

Various hours available, salary range £18,387 – £26,363 pro rata per annum

### Advanced Practitioner

02/128

37 hrs per week, salary starting at £33,858 per annum

### Business Publicity Officer

09/09

18.5 hrs per week, salary starting at £16,914 pro rata per annum. One year fixed term post

### Trainer Demonstrator Sculpture/3-D Design Art & Design

09/08

37 hrs per week, salary starting at £18,963 per annum

### Trainer Demonstrator Preparation for Life & Work

06/179

37 hrs per week, 40 weeks term time, salary starting at £18,963 pro rata per annum

### Temporary Enrolment Records Assistants

TERA (1-4)

4 posts at 18.5 hrs per week, salary starting at £15,085 pro rata per annum.

Temporary posts starting 01 June 09 and ending 31st October 09

### Administrator - Central Administration

07/48

27 hrs per week, salary starting at £15,085 pro rata per annum

### Learning Resources Assistant - Book Shelves

LRCA6

10 hrs per week, 38 weeks term time, salary £13,711 pro rata per annum (fixed point)

*For an information pack please visit [www.canterburycollege.ac.uk](http://www.canterburycollege.ac.uk) or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.*

Staff benefits include:

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- Proximity to main bus & train stations
- Close to City Centre
- Sports Hall & Gym
- Generous Holiday Allowance
- Staff Discount Scheme

The closing date for the above posts is Monday 16th March 2009 at 12 noon

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## CAREERS IN HEALTHCARE ACROSS EAST KENT



Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages, occupational sickness benefit, car scheme for eligible staff, occupational health service, and enhanced maternity pay.

### Health Promotion Practitioner - Stop Smoking x2 (\*) ( )

Ref: 767-ECL907

Band 5: £20,225 - £26,123 per annum

Whitfield Court/East Kent Hospitals University Trust

### Health Promotion Specialist - Stop Smoking (\*) ( )

Ref: 767-ECL908

Band 6: £24,103 - £32,653 per annum

Whitfield Court/East Kent Hospitals University Trust

Would you like to help people to stop smoking?

Are you interested in improving peoples' health? If you are, then we may have the right job for you. The Stop Smoking Service provides a free service to all smokers who want to stop, in locations across Eastern and Coastal Kent.

A new service for smokers is being set up within the East Kent Hospitals University Trust and the successful applicants would be part of an exciting initiative to make a real difference to people's health at a time in their lives when they most need support to quit smoking.

The posts will cover each hospital in the Trust and will be managed and supported within an experienced and expert team, with an office base at Whitfield Court, Dover. You should have the flexibility to work at each venue as necessary.

You will join a lively and committed Stop Smoking Team which carries the responsibility for developing and delivering services, including individual one-to-one and group sessions. You will join the service at a time of expansion and challenge in order to contribute to the achievement of local and national stop smoking targets.

Excellent communication skills and an understanding of motivational interviewing techniques and/or counselling skills are essential. Relevant work experience may include: general nursing, health visiting and midwifery, smoking cessation, counselling, addiction services or experience involving substantial interpersonal and communication skills. An understanding of the issues around stopping smoking will be an advantage but is not essential, as training will be given. Experience of working with minority groups will be an advantage. You will be expected to work flexibly and on your own initiative, within an agreed framework, as well as being part of a team. The post will involve extensive travel: travel expenses incurred in the course of your duties will be reimbursed.

For an informal discussion please contact Stop Smoking Service Lead - Jane Blinston-Jones: 01304 828713 - Office or 07825 732028 - Work Mobile.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(\*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

( ) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit

[WWW.easternandcoastalkent.nhs.uk](http://WWW.easternandcoastalkent.nhs.uk)

Closing date: 19 March 2009.

We are an equal opportunities employer  
Committed to safeguarding children and vulnerable adults

## CONTROL ROOM OPERATOR

We are looking for an energetic and enthusiastic person to join our team of Control Room Operators who assist in the running of a 24hr Vehicle Breakdown, Recovery and Transportation Company. A knowledge of the industry would be an advantage, but it is essential to have a good telephone manner, common sense and an ability to think logically under pressure.

#### Apply in writing, including a CV to:

Personnel Director, Eclipse Recovery Services Ltd,  
The Warren, Ratling Road, Ratling,  
Canterbury, Kent CT3 3BD

Or call 01304 843011 for an Application Form.

Closing date: 12th March 2009



### Duty Manager Ramsgate Pool

40 hours per week, shift work including weekends, evenings and early mornings.

£14,622 to £17,056 per annum dependant on experience, plus call out enhancement.

Other benefits include staff discount scheme and contributory pension scheme.

For further details including a full job description, person specification and application form please call 01843 227959.

Closing date for completed applications is  
Tuesday 10th March 2009

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**ARABIAN DREAMS:** Shane Byrne is hoping to make up for lost time in Qatar this weekend

## Islanders net win to ease drop fears

**SHEERNESS** East dramatically improved their chances of avoiding relegation from the Kent County League Premier Division, when they beat fellow strugglers Snodland 3-1 on Saturday.

The victory, which was only East's second of the season, means that though the Sheppey side remain bottom, they are now just four points from safety, with two games in hand on Snodland, who are 13th.

Milton & Fulston remain in the relegation zone after a 2-2 draw at Coney Hall.

In Division 1 East AFC Sheppey were without a fixture, allowing Canterbury City to move above them into the top spot in the table with a 3-2 win at Lydd.

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 Gills boss Mark Stimson discusses who his upcoming loan targets are

## Polo team just miss out on final place

GOAL difference was all that separated Faversham Swimming Club's Water Polo team from a place in the final of the Norman Beadle Cup.

The highlight of the group stages was a narrow 8-7 win over Folkestone which avenged a 12-10 defeat against the same opponents the previous week. However, the win was only enough to earn them a place in the fifth and sixth place play-off but were beaten 11-8 by Sevenoaks.

The club have recently announced the formation of a new B team and are always looking for new members. For further info visit [www.favershamswimclub.org](http://www.favershamswimclub.org).

**PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT**  
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# Shane Byrne's putting shakey start behind him

## SUPERBIKES

SHANE Byrne hopes to put his Australian nightmare behind him and pick up points from round two of the World Superbike Championship at Qatar this Saturday.

The Sheppey rider had a World Superbike debut to forget at Phillip Island two weeks ago with retirements from both races.

It was always going to be a tough task for Byrne as his Sterilgarda team were unable to compete in an official test session and gather track data weeks before the race.

Despite the limited track time the reigning British Superbike champion qualified 15th, but crashed in both races.

After dominating the British Superbike Championship last year, Byrne was left disappointed with the outcome in Australia and shocked by the intensity of the racing on display.

However, he believes he will be back to his best at the Losail circuit in Qatar this weekend.

He told his website: "I'm now well pumped for Qatar. I think I learnt more in Australia

about World Superbikes than I imagined I'd learn this season but it's all good.

"It was a hard but fair lesson in taking absolutely nothing for granted. I've got the speed, the team and a decent bike, but it's going to be a whole lot of hard work to get anywhere and I can't wait to start grafting again."

"This time I will be on a more level playing field too as I don't think anyone's tested in Qatar."

"I know there wasn't anything to cheer about from Australia but I'm pretty sure our luck will change."



**UPSET:** A brace from Tommy Price saw Norton stun Kent League title hopefuls Holmesdale for arguably the best result of their debut season to date

# Fans got money's worth with Price on the pitch

NORTON striker Tommy Price gave an all-round action-packed display to help his side overcome title chasers Holmesdale at Winch's Field.

Watching Price in action can leave you with a bit of a headache, as at different times in the game he would pop up at left back to make a challenge, at centre-back to clear a Holmesdale attack and then all of a sudden he would be leading a charge into the opposition's half. He picked up a yellow card for an over eager attempt to win the ball and there was also the small matter of scoring two goals.

Norton are starting to come to terms with how they are to take points off the top teams in the Kent League and have now completed wins against Tunbridge Wells and Holmesdale in the space of a week.

They competed all over the pitch, restricting Holmesdale to just a few half chances. Neither side had any real clear cut chances in the first half but the second half exploded into life with the home side having the most possession.

In what in truth was a pretty scrappy game on a tired looking Winch's Field pitch, Norton

## FOOTBALL

■ BY GLENN PEARSON

### Norton 2

Price 53, 89

### Holmesdale 1

Greaves 72

produced a moment of magic to open the scoring on 53 minutes. Tony Clark won the ball in midfield before sweeping the ball out to Jamie Sharman on the right wing. The winger ran with the ball before providing an inch perfect cross for the onrushing Price to head past Holmesdale goalkeeper Danny Harwood.

Norton stopper Paul West kept his side in the game with two good saves low to his left before Holmesdale got themselves back in the game. A cross from the left was met by Daler's striker Joel Greaves who tapped home from close range.

Rather than holding out for a point, Norton went out for the win and were rewarded when Price nipped in front of Harwood and jabbed the ball into an empty net to give the home side

### Norton starting XI



Subs used: Appleton (Clark, 70), Clover (Goodger (75)) Taylor (Welling 83)

all three points.

Manager Ben Taylor said: "I'm on top of the moon, that was a great result. They have shown a lot of bottle and character and the thing that teams don't like about us is that we get in their faces. The boys have got the feeling that they can beat anyone now. They have got used to the Kent League and adapted to it."

The final word though has to be about Price: "He is such a frustrating player but the thing I don't understand is why hasn't anybody snapped him up? He is such a talented player and will run for 90 minutes and get you goals. All you need is someone a bit clued up along-side him and he would be lethal."

# Brady on target as Bourne reach the play-off places

## FOOTBALL

■ BY YOURSWALE REPORTER

### Chipstead 1

Campbell 88

### Sittingbourne 3

De Bolla 34 pen, Brady 43, Green 61

THE Brickies jumped into the play-off places after a convincing victory against a Surrey side desperately trying to avoid being relegated just a year after they were promoted.

Six bookings and also a red card for Chipstead's assistant manager, suggested tensions were running high, but Sittingbourne were comfortable winners and seldom looked like relinquishing control.

After a scrappy first half hour, which saw chances at a premium, the Brickies went in front when substitute Hicham Akhazzan was felled in the box by Fred Fleming and Mark De Bolla converted the penalty.

Two minutes from half-time Sittingbourne made it 2-0 when De Bolla flighted in a cross that found Richard Brady unmarked and the striker guided his header past Chipstead keeper Joe Gant.

Mark Green and De Bolla both went close to

#### Sittingbourne starting XI



Subs used: Akhazzan (Andrews 28), Horlock (Kayembe 58) Spice (Green 68)

adding a third before the interval and Sittingbourne were nearly made to rue the miss seven minutes after the restart, when Chipstead's top scorer Danny Oakins headed wide when it looked easier to score.

Any chance the home side had of getting back into the game was effectively ended with a passage of play on the hour mark, which saw Green head a goalbound effort off the line.

Sittingbourne countered, Akhazzan played in Green and he dinked the ball over Joe Gant to make it 3-0.

The Chips' frustration boiled over, earning them a flurry of cards and De Bolla also got himself booked in the closing stages.

Chipstead seldom threatened, with a hopeful 35-yarder from Reis Aslan the closest they came to a goal until two minutes from time, when Nathan Campbell headed in a corner at the far stick.

The Brickies move to fifth in Ryman Division One South, ahead of Saturday's showdown with leaders Cray at Bourne Park.



ON TARGET: Richard Brady scored in Sittingbourne's vital win at Chipstead on Saturday

## FOOTBALL



CONTENT: Brickies boss Gary Abbott

### Abbo looks forward to showdown with league leaders Cray

GARY Abbott had a relatively serene afternoon on Saturday, as he watched his Sittingbourne side take the sting out of their vital league game with Chipstead.

"It should have been even more convincing," Abbott told YoursWale after the 3-1 win. "The first 20 minutes were a bit of a battle, but once we got the penalty it sort of calmed us down and once Richard Brady scored again just before half-time 2-0 was about right."

When Chipstead mounted a revival after the break, Sittingbourne quickly slapped them down.

"They had a bit of a go, but every side you play against is going to have a 15-20 minute period when they're on top," Abbott said. "We managed to get the third goal and that killed it, but a lack of concentration at the end allowed them to score and it's a bit gutting really. Billy Manners has switched off at a corner and it's frustrating because you want to keep clean sheets."

That lapse aside, Abbott was delighted with Manners after his long lay-off. "We had four injuries, which I was a bit worried about, but Billy came in and considering he hadn't played for ages he was magnificent. "Ryan Andrews went off with a back injury which meant Colin Richmond went to right back, but he did very well and that's something we'll maybe have a look at in the future. It could be a role for him."

The Brickies host one of Abbott's many former clubs, Ryman Division One South leaders Cray on Saturday. "They'll have a few new faces, but I know most of them and played with their manager at Welling," he said. "We're in a great position with two games in hand. Obviously you don't want to get beaten, but we should get the three points."

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Darius Charles on Ebbsfleet's chances of returning to Wembley in the FA Trophy

## Sittingbourne eye title clash with Medway

### RUGBY

#### Sittingbourne 61 Askeans 10

SITTINGBOURNE warmed up for this weekend's Kent 1 showdown with leaders Medway by dismantling the division's basement side Askeans at The Grove.

The home side needed just five minutes to break the deadlock, winger Chris Nanson splitting the Askeans defence before offloading to Chris Nutley for a try.

Five minutes later Sam Catlin sprinted over from 20 metres and after the visitors pulled three points back, Mark Penny scored his first ever try for the club.

Sittingbourne's dominance was checked by regular blasts from the referee's whistle and after three successive off-sides at the ruck the visitors were awarded a penalty try, making it 21-10.

That, however, was as close as they got. Allan Chapman scored Sittingbourne's fourth try and Scott Truss added his fourth conversion to make it 28-10 at the break.

Five minutes after the restart Ross Cooley crashed over and Catlin then streaked through for his second to make it 42-10, Truss finally missing a conversion from wide out.

Man-of-the-match Roo Nanson then touched down, and his brother Chris Nanson followed suit. Chapman scored the final try with five minutes to go and with Truss off the pitch, Penny kicked the final points.

## Glass shatters opponents as Court enjoy double win

### HOCKEY

THEY may have to commission a statue of Aaron Glass at Gore Court, after the club's top scorer enjoyed a fairytale weekend, scoring ten goals.

Having hit the target six times in an 8-0 league win over Lewes on Saturday, just 24 hours later Glass struck a winner five minutes from time to knock Bromley out of the quarter-finals of the Kent Cup.

Defending the trophy they won last year against National League opposition, Court went in front through Ryan Burke early on, only to concede two quick goals.

Glass equalised after Adam Hart won a short corner and struck again to make it 3-3 at the break after Bromley had briefly regained the lead.

Bromley made it 4-3 early in the second half, but Glass again drew Court level and with time running out and Court dominating, he struck a stunning winner from the edge of the circle. Court's reward is a daunting semi-final against Holcombe, although with Glass in this form they must fancy their chances.

On Saturday he struck twice before the break against Lewes and with Richard Dixon scoring twice from open play, Court led 4-0 at the break. Glass scored three further goals and when Dixon came close to his hat-trick five minutes from time his shot was stopped on the line. Almost inevitably it was Glass who turned in the rebound to complete the scoring.

Second-placed Court travel to fourth-placed West Hampstead next week, while Purley, third, take on leaders Wimbledon.



DOUBLE: Gore Court's men enjoyed two wins last weekend

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